



SWANMORE
Wellbeing

Recommended Mental Health Apps

SAM - self-help anxiety management (Apple & Android)

Worry Box - anxiety self-help (Android)

What's Up (Android)

MindShift (Apple & Android)

Fear Tools - Anxiety Aid (Apple & Android)

ThinkNinja (Apple & Android) – designed for 10 – 18 years old

SWANMORE Speaks

Hello everyone!

Welcome to our *SUMMER ONE* edition of Swanmore Speaks.

We hope you have been enjoying the glorious sunshine we have finally been getting

There is so much to look forward to in the coming weeks: the evenings are longer now, the mornings are lighter and hopefully you are managing to get some vitamin D everyday

Enjoy this edition with a cool drink, perhaps outdoors, and promise yourself you'll try at least one recommendation or app to help you stay healthy

✉ wellbeing@swanmore-sec.hants.sch.uk

P.s. We also have lots of amazing resources on our website -

Wellbeing - Swanmore College



Spot the "SUMMER" scrabble letters in this edition for the chance to win 10 ICC points.

If you find the letters spelling "SUMMER" then email mrsbailey@swanmore-school.co.uk with the subject "Swanmore Speaks SUMMER" and tell her what page number the image appeared on.

Good luck!

Week	Challenge	Action
27/05/24	Half term week	Another bank holiday Monday and a whole week off. Maybe a chance to visit somewhere you never have before.
03/06/24	Countdown	There are 7 weeks now until the summer holidays. Reflect. How you can get the most out of this time?
10/06/24	Get moving	Walk, run, dance, lift... whatever form of exercise you enjoy, make sure you move this week. Release those endorphins and feel great.
17/06/24	Make one small change	Leave your phone in a drawer for an hour or downstairs overnight. Can you reduce your screen time this week?
24/06/24	Show someone you care	Send a postcard/ letter/ text or perhaps even call someone you have not spoken to for a while... reach out and keep in touch.
01/07/24	Have fun	Pause from routine. Be spontaneous. Enjoy yourself - whether this is on your own or with friends/ family.
08/07/24	Read	Try our recommendation in this episode, visit the library and borrow a book or just take 10 minutes to catch up on Swanmore Speaks' latest edition.
15/07/24	Summer is coming	The final week of the school year. Year 10 - enjoy your work experience placements; everyone else start to unwind and think about the long break ahead.

Celebrating Swanmore's Enrichment programme

We would love to hear from you, our readers, about the enrichment programmes you have enjoyed or the choices your children have made this year. Send us one line to sum up your experience of enrichment in the 23-24 academic year. We want to hear from you about successes, new skills learnt, new hobbies taken on as a result of the enrichment you enrolled in. For every piece of feedback shared, you will earn 10 ICC points. We would love to share your stories in our final edition of the year too.

Please email your summaries to
wellbeing@swamore-sec.hants.sch.uk

Another enrichment programme success story:

A year 9 pupil is taking her French GCSE *this year* after only one year of GCSE enrichment. We wish her all the luck in her exam.



The “Outdoor adventurers” enrichment group enjoyed some sunshine on Wednesday 8th May and were practising putting up tents.



GET OUTSIDE, BE AT ONE WITH NATURE

Nestled in the South Downs, Lordington Lavender was established in 2002 by local farmer Andrew Elms. After selling his dairy herd he was looking for a new way to diversify and decided that Lavender would be a unique and exciting alternative.

Andrew's love for nature has very much been passed down to the next generations: Alex & Vicky continue to actively promote and protect the health and success of the countryside and its wildlife, while the grandchildren find endless delight in the gorgeous great outdoors!

The lavender crop is grown with conservation of habitat and the environment very much in mind. No fertilizers or pesticides are used and it has become a haven for wildlife with at least 12 red listed species of birds including skylarks and barn owls found on the farm. At a time when bees and butterflies are sadly in decline, the lavender field in summer is alive with humming and fluttering – heaven!

<https://lordingtonlavender.co.uk/about-us/>



Lordington Lavender

Lordington, Chichester, West Sussex, PO18 9DX

info@lordingtonlavender.co.uk

Swanpride



SWANMORE
LGBTQ+

There is a badge design competition for Pride History Month 2025. The competition starts 01.06.24 and ends 30.06.24, watch this space for more information to come...



For extra support and advice:

Breakout Youth: LGBTQ+ Support Hampshire & Isle of Wight
Homepage - Mermaids (mermaidsuk.org.uk)

LGBT+ - Y Services

<https://www.justlikeus.org/>

<https://www.stonewall.org.uk/>

SWANPRIDE

LGBTQ+

CLUB

WEDNESDAYS / 1ST BREAK
THE PUPIL CENTRE

- Information, advice and guidance •
- A welcoming, safe environment •
- Support for all (not just LGBTQ+) •

Any questions? Email us!
swanpride@swanmore-school.co.uk

SWANMORE COLLEGE ANTI-BULLYING

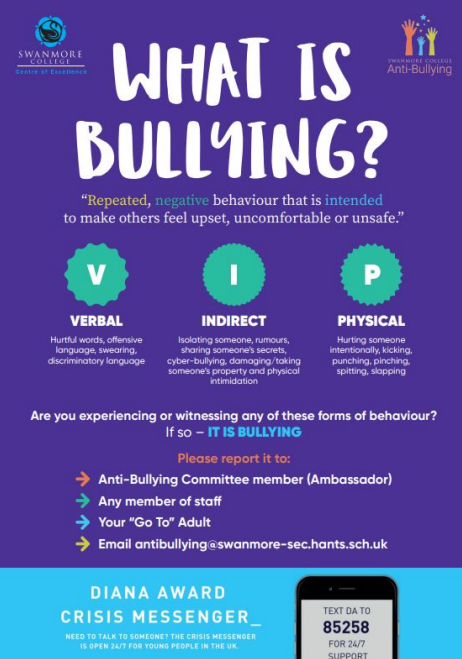
The Anti-Bullying Committee continues to meet each week in The Pupil Centre. The pupils have been focussing on planning some whole school activities and competitions relating to their LGBTQ+ Anti-Bullying training. The planning is well under-way. SwanPride pupils and our Anti-Bullying Committee are now working together to finalise the tasks before launching them to all tutor groups in the final half-term.

A Big Thank You!

We would like to thank Stephen V, Daniel W, Amelie T and Yasmine P in Year 11 for all of their hard work on the Anti-Bullying Committee during the last 4 years. We wish them every success in the future!

The Year 7 Anti-Bullying Forum is now fully formed. This group meets fortnightly in The Pupil Centre. Members of the Anti-Bullying Committee have been leading sessions on what bullying is and how to support pupils who are being bullied. Thank you to the following pupils who are now part of our Year 7 Anti-Bullying Forum:

Toby 7R6, Grace 7R5, Teagan 7R7, James 7R6, Hatty J 7R10, Evie C 7R1, Verity C 7R9,
Tylor-John G 7R8, Megan H 7R8



WHAT IS BULLYING?
"Repeated, negative behaviour that is intended to make others feel upset, uncomfortable or unsafe."

V
VERBAL
Hurtful words, offensive language, swearing, discriminatory language

I
INDIRECT
Isolating someone, rumours, sharing someone's secrets, cyber-bullying, damaging/taking someone's property and physical intimidation

P
PHYSICAL
Hurting someone intentionally, kicking, punching, pinching, spitting, slapping

Are you experiencing or witnessing any of these forms of behaviour?
If so – **IT IS BULLYING**

Please report it to:

- Anti-Bullying Committee member (Ambassador)
- Any member of staff
- Your "Go To" Adult
- Email antibullying@swanmore-sec.hants.sch.uk

DIANA AWARD
CRISIS MESSENGER
NEED TO TALK TO SOMEONE? THE CRISIS MESSENGER IS OPEN 24/7 FOR YOUNG PEOPLE IN THE UK

TEXT DA TO
85258
FOR 24/7
SUPPORT

Energy Drinks - What are the risks?

Energy drinks are banned from sale for under 16s and yet they remain popular. What do you need to know and discuss with your child?

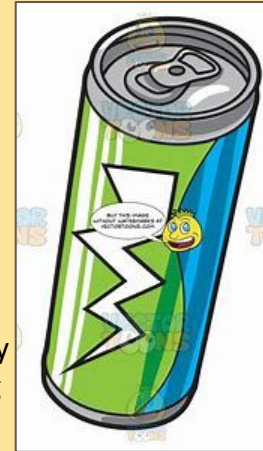
- High caffeine content - Energy drinks often contain much higher levels of caffeine than a cup of coffee or fizzy drink.
- Disrupted sleep patterns - caffeine is a stimulant so can disrupt normal sleep patterns and cause insomnia.
- Increased risk of heart problems- the high levels of caffeine and other stimulants put extra strain on the cardiovascular system so could lead to heart palpitations and other heart problems.
- Impact on mental health - Caffeine and sugar can contribute to anxiety, nervousness and panic attacks.
- Links to substance abuse - some research has found a link between energy drink consumption and higher rates of drug and alcohol use among young adults.
- Problems with dependency - frequent consumption can lead to tolerance meaning more is needed to achieve the same effects.

What can we do?

Limit consumption - limit caffeine for under 16s to one drink a day.

Promote healthier habits - suggest water, tea or no sugar squash.

Set a positive example - choose alternative beverages for your own drinks

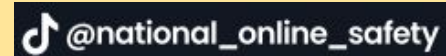


Safeguarding at Swanmore



SAFEGUARDING
AT SWANMORE

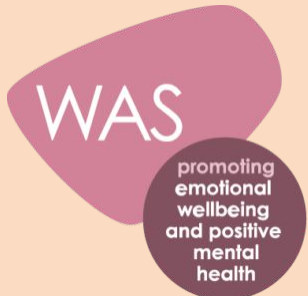
For more information
check out the National
college website or:



Well Being Champions

We are excited to share with you that we have recruited a wonderful new group of Wellbeing Champions! We are currently starting our training and hope to meet lots of you soon. We are planning a range of activities for the last term of this year and ready for September 2024! Here is a picture of some of us - a picture of the whole team will follow shortly so you know who we all are. Over the next couple of weeks, we will be introducing our new postcards. These postcards will give pupils the chance to say thank you or well done to other pupils for when someone has been kind, helped someone, or has been a positive role model for wellbeing! We will share more about this in tutor time very soon.

If you would like to join us, you have not missed your chance. Just come and speak to Mrs Egerton or Mrs Barker, or ask your tutor to put your name forward!



Miss Primmer and Miss Davies run the Young Carers' group every Friday during tutor time. Pupils from across all year groups are welcome.

Pupils - If you believe you are a Young Carer, please come to the Pupil Centre and speak to Miss Primmer or Miss Davies.

Parents/carers - If you believe your child is a Young Carer, please email the enquiries address enquiries@swanmore-sec.hants.sch.uk for the attention of Miss Primmer and Miss Davies and we will be more than happy to get in contact with you.

Please visit the wellbeing section on the Swanmore College website where you will find further support for Young Carers.

We have had more pupils join us in last term which is really good. If you are a young carer you are very welcome too.

Swanmore Young Carers

YOUNG CARERS FESTIVAL

Every summer, YMCA Fairthorne Manor hosts the largest festival in the world for young people with a caring responsibility at home.

Run in partnership with The Children's Society, the unmissable weekend gives young carers the chance to have fun, unwind, make new friends, try new things, and have their voices heard to influence political change. Event highlights include, fireworks opening night, fairground rides, inflatables, live music, outdoor activities! The next event is on **28th June to 30th June 2024.**



Join us on a
Friday morning,
for a **free breakfast**
and a **chat!**





We are still meeting every other **Tuesday in R02**, second break.

We now have a regular space every single day, in the Pupil Centre. We will be based at the table at the front or the sofa nearby, at break time/lunch time.

We are finalising a poster and a buddy rota for who will be there! 😊

We are always looking for more people who would like to join us!! Please see Miss Garaty, Mr Guillen and Miss Herring for more information.

We work towards improving and protecting our environment here at Swanmore and in the wider world.

Last year we were awarded the prestigious Green Flag award for our work.

If you're passionate about the environment, come and join us!

Monday lunchtime in R01



 We are providing access to **free period products**

Take what you need, **when you need it from:**

- » Miss Smith (Welfare)
- » Mrs Deller (R Block)
- » Year Teams
- » Pupil Reception

#periodpositive
#periodequality
<https://www.phs.co.uk/periodequalityoff/>

Creating period equality **For all.**

Funded by
 Department for Education  P=RIOD EQUALITY



Discretely intercepting harmful searches and providing signposting to 24/7, free mental health support at a time when you are most vulnerable.

To find out more:
<https://www.ripplesuicideprevention.com/>

 Winchester Youth Counselling

Wellbeing Walk-in

NEW!

A FREE youth mental health drop-in service for 11-25yr olds

Wednesdays 4-5pm
31st Jan & 7th Feb initially

 The Southdowns Social,
3-4 Kings Walk, Winchester SO23 8AF




01962 820 444
winchyc.org

Helplines:

Anxiety UK:
support@anxietyuk.org.uk
08444775774

MIND:
info@mind.org.uk
03001233393

No Panic:
admin@nopanic.org.uk
08449674848

Nightline:
Nightline.ac.uk

Samaritans:
jo@samaritans.org
116123 (freephone)

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>