



March Edition 2022

Hi everyone, Rufus here.

I hope you all enjoyed your half term and had fun. It's important to have a break and relax and now we are all ready for the next term. I was so excited to be back and I'm looking forward to seeing everyone around school.

Big news! It's my birthday on the 5th of April and I can't wait! I'm counting the days and I'm going to wear a badge with the number six on it like others sometimes do. I might wear my high visibility vest like other staff do with my badge on to show it's my special day. I don't understand why my Mum doesn't get excited about her birthday but she just grumbles about getting old.

I hope you all have a great term. To all year 8 students I hope you enjoy finding out about your pathway choices and I know it will massively help you choose what you would like to study. If in doubt, always speak to your teacher.

Take care everyone and I look forward to seeing you around the school.

Rufus

Ten practical tips for supporting Mental Health

From parents who have gone through it

- 1** Above all, accept and try to understand your child's difficulties – educate yourself as much as possible about your child's mental health challenges.
- 2** Be kind to yourself. If you don't look after yourself first, you won't be able to look after your child.
- 3** Ask for and accept help from professionals, family members or support groups.
- 4** Until your child has the right help and support in place, remember that many of their everyday behaviours may be driven by their mental health needs.
- 5** There is no one right answer. It takes time to work out the best support and interventions that will work for your family. Be patient.
- 6** Find simple things to help you - meet a friend, play a sport, go for a walk. Giving yourself permission to take time out for yourself will help you care for your child.
- 7** Forgive yourself if you say or do the wrong thing. You will be learning alongside your child and doing the best that you can.
- 8** There are times when you need to trust your instinct – you know your child better than anyone and that you are a crucial part of their support team.
- 9** It's okay to feel however you feel - sad, angry, upset, numb. Go with it, but if the negative feelings last for too long, get help.
- 10** Hold on to hope, no matter how difficult things seem. Just being there, listening and offering hope is the most important thing you can do.

Charlie Waller Free Webinars

For parents, carers and educators presented by mental health trainers, speakers and guest speakers who come from a wide range of professions. The webinars explore strategies for maintaining positive mental health, paying attention to our own wellbeing and supporting those around us.



charliewaller.org/what-we-do/free-webinars



Improving children's mental health

Place2be is a national service working with those from 4-14 to support them in embracing their resilience through counselling and various creative based therapies.

Helplines

Our Helplines are open 365 days a year from 9am–midnight during the week, and 4pm–midnight on weekends and bank holidays.

Sometimes lines are busy. If you can't get through immediately, please try again or try the one-to-one web chat.

If you are in need of urgent help for yourself or someone else outside of the Helpline opening hours, please contact 999 or the Samaritans on 116 123 if you or someone else is in immediate danger.

Beat provides Helplines for people of all ages, offering support and information about eating disorders no matter where you are in your journey. These Helplines are free to call from all phones.

0808 801 0677

www.beateatingdisorders.org.uk/



Cardiac Risk *in the* **Young**
test my heart

UK Screening Service

www.testmyheart.org.uk/

This charity provides testing for health conditions in 14-35 year olds.

At CRY we believe all young people aged 14-35 should have the opportunity to be screened. Cardiac incidents can take place at any time, they are not limited to high-intensity sport; they may occur just jogging across the park or when asleep.

An ECG test is the simple way to diagnose most cardiac abnormalities. Results should be read by a cardiologist. For extra clarity an Echocardiogram can also be done. If there has been a young (under 35) sudden death in the family, the family is entitled to be screened on the NHS.

What is Hope Again?

The youth website of Cruse Bereavement

Support. A safe place to learn from others, how to cope with grief, and feel less alone.



Find information about our services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one. Hope Again provides somewhere to turn to when someone dies. Get involved and join the conversation here hopeagain.org.uk/video-stories

World Sleep Day, 18th March

World Sleep Day is an annual event to raise awareness for the benefits of sleep as well as the health issues sleep disorders can cause.



4 Ways to Wellbeing



www.yesfutures.org

Keep in Touch

Communicating is essential to have a healthier state of mind, this also reduces stress.



Stay Active

Step outside, take a walk or do an activity to increase your physical and mental energy.



Take Time Out

Take a break, disconnect and focus on yourself until you are in a better head space.



Ask for Help

Everyone needs someone to lean on sometimes. You do not need to get through this alone.



Connection Kit

Connection activities for children up to 16 years old.

Increasing the level of connection with young people will ensure that they are happier and healthier. These activities are designed to help young people connect to self, community, nature and family.

Connect with your imagination

Play your favorite song and draw what comes into your mind - it could be a pattern, a picture or a scene.



Connect with your future

Write a letter to your future self, what would you say?

Connect with the past

Together with your family or friends take it in turns to share your favorite funny memories.

Connect with nature

With all the snow and cold frosty weather, feed the birds and connect with nature.



Connect with family

Create a family scrap book, call family members and ask them for stories or memories of them growing up.

Connect with feel good chemicals

Give yourself permission to take some time out to do what you love – something that makes you feel all warm and fuzzy!

Spiritual connection

Go into nature and take some long, slow deep breaths. With spring nearby, make an intention for the coming month. Imagine it as a tiny seed you are planting in the ground.



Connect with your senses

What scents remind you of happy times? Gather your own happy smells for when you need a boost.

Connect with your body

Find a quiet place, close your eyes and slow down, breath and sense into your own body.

Connect through kindness

It's Random Acts of Kindness Day on the 17 February. Make a list of kind things and pledge to do them.

Connect with yourself

Having a 30-minute nap in the middle of the day could enhance your energy and increase your learning power.

Connect with loved ones

Write a letter to a special friend or relative. Post it by mail or hand deliver and await their reply.



Be Inspired...

Mindful March 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

3 Start today by appreciating your body and that you're alive

4 Notice how you speak to yourself and choose to use kind words

5 Bring to mind people you care about and send love to them

6 Have a 'no plans' day and notice how that feels

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 If you find yourself rushing, make an effort to slow down

19 Appreciate nature around you, wherever you are

20 Focus on what makes you and others happy today
dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Cultivate a feeling of loving-kindness towards others today

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together



YOU DON'T HAVE TO BE POSITIVE OR FEEL HAPPY ALL THE TIME. YOU ARE HUMAN, NOT A ROBOT.

WWW.MISS-MENTAL.COM
@MISS.MENTAL0

“Spring: a lovely reminder of how beautiful change can truly be.”

✱



Diversity



Diversity at Wildern

Discrimination and Prejudice

Many people can face this, but it's important to understand what exactly it is.

Prejudice is the thought or judgement against someone because of their race, gender, sexuality, religion etc, whilst discrimination is purposely treating someone differently based on this. Both are unacceptable and need reporting - if you are experiencing either of these things inside or outside the school, tell a trusted adult, or you can go to Student Services, or call Childline.

Remember, it's not your fault and support is there for you if you ask for it.

Events

International Women's Day
08/03/22

Celebrates the achievements of women socially and politically.

St Patrick's Day
17/03/22

Irish festival which is cultural and religious.

Holi
19/03/22

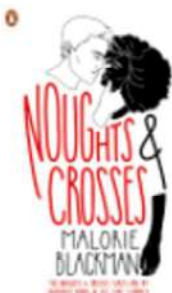
Hindu holiday marking the start of spring and winter harvest.

Diversity in the News

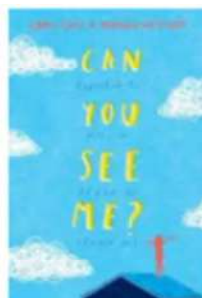
Tottenham's black boy lane voted to be renamed for equality.

Disney's latest hit 'Encanto' is praised for its representation and cultural diversity.

Recommended Books with themes of Diversity



A dystopian fiction with themes of racism, love, family and tragedy.



A powerful story of autism, empathy and kindness.



A raw and honest look into today's society.

10 Ways You Can SHARE KINDNESS ONLINE

Last year, around one in five young people aged 10–15 in England and Wales admitted experiencing online bullying: most commonly being insulted or sworn at, or having hurtful messages sent about them. To someone who's being bullied, the world can seem like a bleak, negative place – but just one kind word can be a ray of hope: a turning point that brightens their day and refreshes their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

1 PRAISE WHERE IT'S DUE

Sometimes a friend or relative might post online about something they're proud to have achieved: maybe an exam they've passed, a new skill they've learned or a task they've completed. Celebrate their hard work and determination by being kind enough to praise them for it publicly.

1

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SHOW YOUR APPRECIATION

If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post. Expressing your gratitude costs nothing and showing someone that you appreciate them will really make them feel good.

2 REACH OUT

It's not always easy to tell what kind of mood someone is in just from what they post online. Simply dropping somebody a message to say 'hi', to ask if they're OK or to tell them that you're thinking of them could totally make their day.

2

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BE UNDERSTANDING

Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to listen to them and understand their situation.

3 RECOMMEND FUN THINGS

If there's something you enjoy doing online – perhaps you play a particular game, or you've found a really cool site – share it with someone you think will enjoy it. Even recommending a film or TV show you think they'll like can bring a little happiness to someone who really needs it.

3

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SHARE INSPIRATIONAL POSTS

When you see something online that inspires you or makes you feel happy, share it with people you know. A spot-on quotation, a beautiful photo or an uplifting video can lift someone's spirits and help them to feel better about life.

4 OFFER TO HELP

Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it – if you can help, get in touch. Something that's difficult for them might be no trouble for you!

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THINK BEFORE COMMENTING

Thinking before we act can be just as important as acting in the first place. Taking a second to consider what you're saying in advance could stop you from posting something negative, hurtful or offensive – even if you don't mean to. It's better to post positively or not post at all.

5 POST POSITIVELY

Lots of people seem to go online purely to complain about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you can't be positive, though! Post about things that make you happy and that you're thankful for. It could brighten someone else's day.

5

10

LIKE, LOVE AND ENGAGE

If somebody posts something that you like on social media, don't just scroll past – take the time to like it, love it or leave an appreciative comment! Reacting positively to other people's posts might seem like a small gesture but could mean a lot to them.

Meet Our Expert

Carly Page is an experienced technology journalist with more than 10 years of experience in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



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#WakeUpWednesday



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Wildern's Empathy Week 1st - 4th March

To change the world, you first need to understand the people in it.....

We are committed to promoting and protecting emotional wellbeing and mental health in our whole school community.

Visit the Wellbeing Hub on the Wildern School website to find support and advice



www.wildern.org/mental-health-and-wellbeing/

Empathy is...

**seeing with the eyes of another,
listening with the ears of another,
and feeling with the heart of another.**