



Year 10

COMMUNITY

Edition 1

A message from Mrs Gilligan:

Hello, you lovely lot!

I hope you are all making the best of your time at home, and looking after each other.

It's really important, in unusual and confusing times like these, that you take some time out from all that dedicated studying to look after your own mental health too.

Do something nice for yourself and your family this week...

- Share your favourite movies together
- Discover some new music
- Cook a family meal
- Try some at-home spa treatments or paint your nails
- Try out a new exercise or skill – Facebook is awash with livestreamed classes at the moment!

What is COMMUNITY?

At Sybil Andrews Academy we are committed to supporting all students in maintaining positive physical and mental wellbeing. We want to keep in touch with you to help you focus on your wellbeing and your studies. We want to help keep you safe and we want you to know who you can contact should you have any concerns.

Most importantly we are all part of the Sybil Andrews COMMUNITY. For this reason alone we, quite simply, care about you and want to be able to share what we are up to during this time!

Improving Your Wellbeing



Cast your mind back a few weeks to National Wellbeing Week. We used the evidence based approach that there are 5 steps you can take to improve your mental health wellbeing:

1. **Connect with other people**
2. **Be physically active**
3. **Learn new skills**
4. **Give to others**
5. **Pay attention to the present moment (mindfulness)**

Trying these things out could help you get the most out of each day and feel more positive during this period of uncertainty.

Each week we are going to look at one of the 5 aspects of wellbeing as well as other things that relate to you! This week we are looking at:

- Being Physically Active
- Specific ways to look after your mental health: COVID-19
- Where to get help if you need some support

Being Physically Active

There are LOTS of ways to keep yourself active at this time whilst still maintain a social distance and following government guidelines.

If you are able, you can go for a walk, a run or even a bike ride!

#HealthySelfie!

Whilst away from school, the Sybil Andrews PE department want to issue you all a physical activity challenge. We want to see as many of you keeping fit and healthy whilst at home and we would like to know how you do this. Send in your #HealthySelfie photos.

For your chance to win a prize when we return to school, send your photos by email to Mr Gethin (igethin@sybilandrewsacademy.co.uk) or Miss Earrye (rearrye@sybilandrewsacademy.co.uk). There will be a prize for the best in each year group.

We also want to upload as many of your photos to our PE twitter feed to keep you all up to date. We look forward to seeing your #HealthySelfie



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

PE with Joe



Every day Joe Wicks is running his 30 minute 'PE with Joe' workout for anyone who can get onto YouTube (or click on the image for the link):

Joe starts his workout at 9am every day but his YouTube channel also records it so you can do the workout later in the day if you like. Wouldn't it be great if all our Sybil Andrews Academy students all participated at the same time?

Specific Ways to Look After Your Mental Health: COVID-19



As news about coronavirus (COVID-19) dominate the headlines and public concern is on the rise, taking care of your mental health is as important as looking after your physical health.

There are many ways to keep a sense of control in order to ease coronavirus anxiety:

1. Seek accurate information from legitimate sources

Limit yourself to reading information only from official sources like the [World Health Organisation \(WHO\)](#), or the [BBC](#). These credible sources of information are key to avoid the fear and panic that misinformation may cause.

2. Set limits around news on COVID-19

Try to **avoid excessive exposure** to media coverage. Constant monitoring of news updates and social media feeds about COVID-19 can often make you feel more worry and distress. Consider turning off automatic notifications and taking a break from the news. Setting boundaries to how much news you read, watch or listen will allow you to focus on your life and actions over which you have control, as opposed to wondering 'what if?'

3. Look after yourself

Where possible, **maintain your daily routine** and normal activities: eating healthy meals, getting enough sleep and doing things that you enjoy. Consider creating a daily routine that **prioritise your wellbeing and positive mental health**. Activities, like taking a walk, meditating or exercising, can help you to relax and will have a positive impact on your thoughts and feelings.

4. Reach out to others and support people around you

Keeping in touch with your friends and family may ease the stress caused by COVID-19. Talking through your concerns and feelings may help you find ways of dealing with challenges

5. Maintain a sense of hope and positive thinking

Try and focus on **things that are positive** in your life. WHO recommends to find opportunities to hear positive stories and see positive images of local people who have experienced the coronavirus and have **recovered**.

6. Acknowledge your feelings

It is normal to feel overwhelmed, stressed, anxious or upset, among a wide range of other emotional reactions, in the current situation. Allow yourself time to **notice and express what you're feeling**. This could be by writing them down in a journal, talking to others, doing something creative, or practising meditation.

Mental health charity 'Mind' also have some great advice related to coronavirus and your wellbeing [here](#)



Where to get help if you need additional support?

Wellbeing & Safety

Kooth <https://www.kooth.com>

Kooth offers emotional and mental health support for children and young people aged between 11 – 24 years and is available up to 10pm every day.

Childline

0800 1111 childline.org.uk

Free 24-hour helpline for children and young people in the UK.

The Mix themix.org.uk

Online guide to life for 16-25 year olds. Straight-talking emotional support is available 24 hours a day. Chat about any issue on our **moderated discussion boards** and **live chat room**.

Papyrus papyrus-uk.org

helpline: 0800 068 41 41

Mon-Fri 10:00 am to 10:00 pm

Weekends & Bank Holidays 2:00 pm to 10:00 pm

Provides information and support for anyone under 35 who is struggling with suicidal feelings, or anyone concerned about a young person who might be struggling.

Bereavement

Grief Encounter <https://www.griefencounter.org.uk>

Supporting bereaved children and young people. Their helpline, grieftalk, can be contacted from 9am-9pm Monday- Friday. 0808 802 0111.

Winston's Wish

Freephone National Helpline (Monday to Friday, 9am to 5pm) on 08088 020 021.

Cruse (Bereavement Care) Helpline

The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings (open until 8pm), 0808 808 1677.

Apps



Stay Alive

Stay alive is a free suicide prevention app that helps its users to stay safe from acting on their thoughts of suicide. Downloading this app means that the help and information someone may need when managing thoughts of suicide is easily accessible, helping them to stay safe.



Self-help Anxiety Management

This app is helpful for helping the user manage their anxiety. The anxiety tracker can help the user better understand things that make them feel anxious, whilst the self-help toolkit allows them to learn new skills around anxiety management. Some people have found this app helpful to use whilst waiting to access further long-term support or to build on their existing anxiety management skills.



Moodometer

This NHS app allows the user to track and understand influences behind their mood. Acting like a mood diary, this app can be helpful in identifying triggers that can impact on low mood and also suggest ways to lift your mood.



Grief: Support for Young People

This app was created by Child Bereavement UK and bereaved young people. It targets young people aged between 11-25 years old who have been bereaved and are in need of support. It provides the user with information and real life experiences about feelings such as grief that people may experience following a bereavement. It also offers information about where users can access further support if needed.



Calm Harm

This app can be used to help the user manage urges to self-harm. It's a private app and can be password protected. The help and advice provides suggestions of 5-15 minute categorised activities that can help the user 'ride the wave' of an urge to self-harm. The user is signposted to resources that the app determines may be helpful. These suggestions are based on the users' answers to questions about what triggered their urge to self-harm.