

# Mental Health and Wellbeing Newsletter

We hope you found the first edition of this newsletter useful and informative. As explained, these newsletters will be shared half termly with the aim of sharing some mental health and wellbeing tips, alongside useful websites and links.



Mind is a national mental health charity that aim to support and raise awareness of people with mental health concerns. They have some excellent links and resources on their website, including a section related specifically to young people.

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



The NHS mental health website displays lots of information and support for those struggling with their mental health. This includes symptoms, conditions and self help, amongst other advice and support.

<https://www.nhs.uk/mental-health/>



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## Promoting positive mental health through assessment/exam windows

With Year 11 mocks around the corner, this half term's focus is on promoting positive mental health, especially during periods of assessment/exams. Although Year 11 is a major focus for this, all students can benefit from advice relating to assessments, as this will be something experienced across all year groups.

Exam stress and worry is a very normal thing. Having lots of exams in different subjects can cause nerves/worry, so below are a few key tips to help students manage these feelings and emotions.

- Make time for things you enjoy – listen to some music or watch TV. Go out for a walk, do some baking. Anything that you enjoy!
- Connect with others - speak to or meet up with family and friends, share how you feel with others.
- Take breaks – studying/revising is important, but make sure you take enough breaks to support you. Grab a snack and a drink, or step outside and grab some fresh air for a few minutes!
- Talk to someone if you are feeling stressed/worried. This may be a trusted adult at home or in school. We are here to support you as students and ensure you are able to achieve your best, in a healthy way.

## PSHE provision relating to Mental Health and Wellbeing in Half Term 2

Year 8 – Online safety, discrimination.

Year 9 – Impacts of addiction.

Year 10 – Relationships and their impact. Fake news and misinformation.

## Upcoming Mental Health and Wellbeing related events

- Kooth Assembly - Anxiety and self-care and Body image and self-esteem





## Secondary school wellbeing calendar 2024

### Preview



Download resource 

### A festive wellbeing idea!

As December and Christmas approaches, why not consider an adapted version of the usual advent calendar.

There are many examples of these on the internet, but this is an example from last year on the Young Minds website. Hopefully, they will update this for 2025, but I have linked the 2024 copy below if anyone is interested in looking into such an idea.

<https://www.youngminds.org.uk/professional/resources/wellbeing-advent-calendars/>



# Mental Health and Wellbeing Support



**YOUNGMINDS**

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



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



<https://www.nhs.uk/nhs-services/mental-health-services/>



**Anna Freud**

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



<https://giveusashout.org/>



Improving children's mental health

<https://www.place2be.org.uk/>



In school support and on  
<https://www.sybilandrewsacademy.co.uk/wellbeing-resources-support/>