



Noadswood



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Sunday, 15 November 2020

Dear all,

Mental Health Awareness Week – how's it going for you?

It's really great to be writing to you during this special week, when we are all keen that you think about you and how to feel as good about yourself in your life right now as you can. Why not get on board with the activities we have shared with you during the half term break, if you didn't get to them so far:

Monday: Kindness pledge – let your tutor, House Leaders and Miss Marshall know what you are pledging. What can you pledge? (Help make the dinner, tidy up my room, give my Dad a compliment, reach out to a friend or family member by phone etc)

Tuesday: A handy guide to mental health to read to check in on how well you're looking after yourself, the most important thing in this world: <https://www.mentalhealth.org.uk/a-to-z>

Wednesday: National **Thank a Member of Staff** day. Message someone on the staff who you appreciate!

Thursday: Random act of kindness to others: During the week, we would like you to carry out or reflect on an act of kindness. Take a photo or video (with permission!) and use the hashtags #KindnessMatters and #MentalHealth and send it to us as well at headteacher@noadswood.hants.sch.uk

Friday: Practice kindness to yourself – what does that look like for you?

Some ideas: Have a bath or shower every day - *Make sure you have breakfast every day* - Limit the amount of time you spend on your phone/ using social media - *Connect with friends* - Let someone know/ ask for help if you are struggling - *Spend time doing a hobby or interest that you haven't done for a while* - Spend time doing activities that help relax you (e.g., listen to music) - *Get some fresh air or gentle exercise* - Try something new that you've always wanted to do (learn a new skill or hobby) - *Make a den* - Tidy and sort out your room (clean and organised spaces can help make us feel calmer) - *Go to bed early and get a good night's sleep* - Be silly, do things that make you laugh - *Create a daily routine; get up and go to bed at similar times every day* - Plan things to look forward to - *Write down how you are feeling (e.g. diary, blog)* - Write a list of your positive qualities or things you are proud of; celebrate the uniqueness of you - *Unfollow or delete accounts/ apps that make you feel rubbish* - Set yourself some goals to achieve (make sure they are realistic and achievable) - *Make a positive board; things that make you smile, motivate you or that make you feel good* - Look through photographs of fun times with friends and plan things to do with them - *Watch a favourite film, read a good book* - Bake or cook something with a friend or family member - *Spend time with a pet*

It's bang on right that Friday's has a huge long list accompanying it because we don't focus enough on what makes us feel good so take some time over half term to check through that list and do as many as you can that give you a lift! We'd love to see what you get up to at headteacher@noadswood.hants.sch.uk

Meanwhile, here are some fine examples of what people have been getting up to with these activities this week. Faith wrote to me about her **Kindness Pledge**, which was to drop a **'Hug in a Mug'** to friends and family, full of a note, treats that they can do and some nice snacks. Lovely idea, Faith. We had 'Mugs of Joy' amongst the staff last year – must bring them back when we're back together. You will have really cheered up anyone who receives these:



Rebekah wrote to us about her pledge to make a yummy cake for her whole family – she made it gluten free, too, and it was so delicious they couldn't wait to tuck in:



Sophie's pledge was to do things round the house for her parents, and to check in with friends and family every day to see how they're getting along which they will all have appreciated so much. And Daniel told us about these kind gestures, *'On Monday I made and sent a very elderly relative a card to remind her we are thinking of her. Today I cooked lunch for myself and my little sister to help my mum. I'm also going to FaceTime my grandparents and chat to them'*. Well played, fella. I wonder what you cooked?

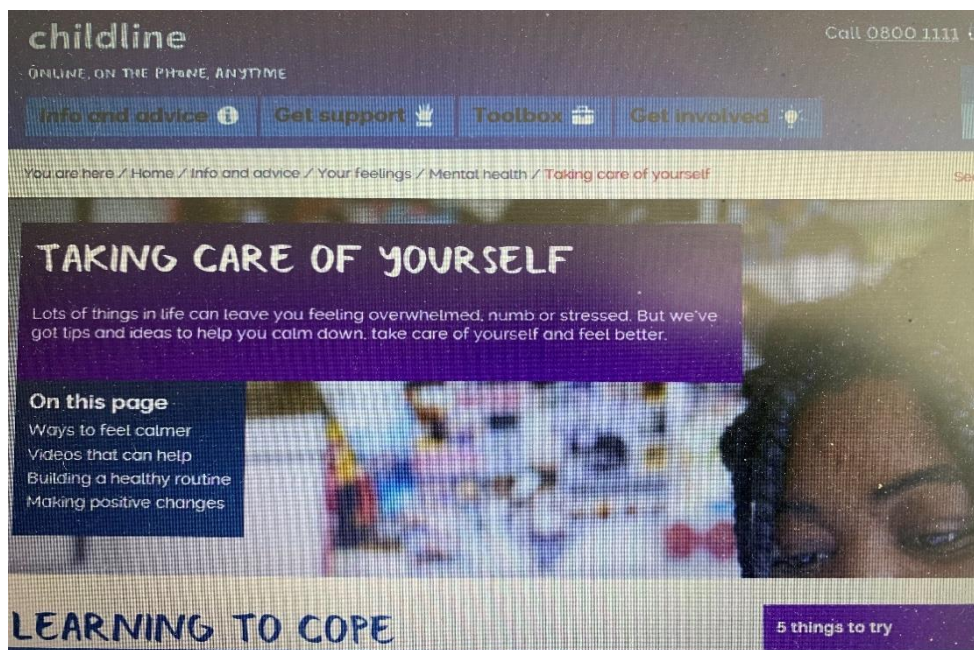
Jack and Molly's **Random Act of Kindness** was to cook dinner because their mum's hand is in a splint. We hope that heals really soon, and well done, you two.



If you're someone who likes to look online for quality resources to help you when you've got a worry or you want to focus on your self-care, remember to look at the Frog Wellbeing Portal that you can click on from where you find all of your remote learning each week – we're giving it a revamp at the moment but there's already a lot of good stuff on there for you.

I also took a look this week at these **Childline resources and short videos you can watch to up that mood** – they're really worth having a browse through, even if you feel pretty good, because it's always great to know ways to support a good mood and that you're not on your own trying to do that in your own strength:

<https://www.childline.org.uk/info-advice/your-feelings/mental-health/taking-care-of-yourself/>



There are seven ways to keep calm, for instance, which are helpful if you've just got loads to do; you don't have to be in a low mood to benefit. The videos have straightforward ways to calm a busy brain, or an anxious one, or one just full of other people's stuff! And there's tips on starting your day in a healthy way, which is something we've talked about in these letters before – if you start the day well, it will help it to be a good one soooo much, but if you don't, it's all too easy for the whole day to go south. I'm the same as you, you know; if I get up exactly on the alarm, have a healthy brekky, and then head out for a walk, my work day goes great. If I stuff that up, and jump on emails as soon as I am out of bed, or get absorbed by things in the news that bug me, it's never quite such a good day as it could be. So I am going to follow these tips, too!

If you have a particular worry on your mind, remember you can call Childline free on 0800 1111 or you can call up Mrs Loveday on our dedicated Loveday's Lifeline on 07946 884 122 between 10 and 12 any school day, or you can just reach out to any of your teachers, House Leaders, ELSAs, LSAs – we are all here for you on ePraise.

The Educational Psychology Service, who work with us with lots of you to help you in school, have also set up a Telephone Support Line you can ask your parents and carers to use if they've got any worries about you or your wellbeing. One of your parents can consult them about anything you might be struggling with and they'll work through it with you in a problem solving type way. The number for our area is on the picture below under Winchester, Eastleigh, New Forest (that's us!) and South Test Valley. There's lots out there to help if you need it.

TELEPHONE SUPPORT LINE

Now open to education staff and parents/carers
Weekdays: 9.30am - 12.30pm and 1.00pm - 4.00pm

Hampshire & Isle of Wight Educational Psychology are running a confidential telephone support line for education staff and parents, to talk about any concerns they may have about the emotional wellbeing of children and young people.

To get in touch, call the number for your local area:

ISLE OF WIGHT.....	02392 441497
NORTH (Basingstoke & North Test Valley).....	01252 814835
SOUTH (Fareham, Gosport & Havant).....	02392 441497
EAST (East Hants, Rushmoor & Hart).....	01252 814729
WEST (Winchester, Eastleigh, New Forest & South Test Valley)....	01962 876239



www.hants.gov.uk/educational-psychology

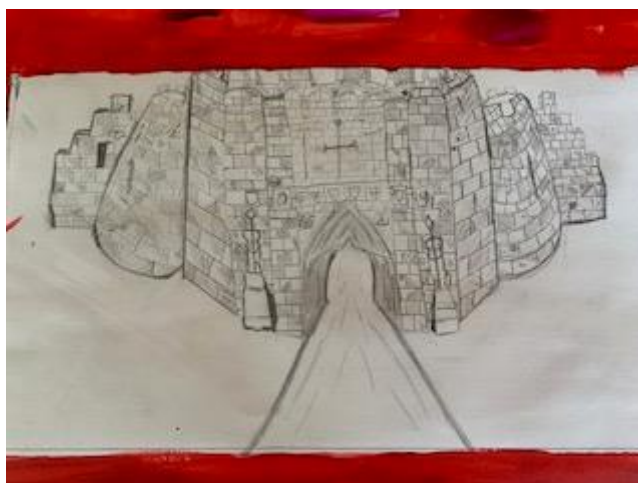


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Your Learning:

Tomorrow, lots of your teachers will be going into school, two at a socially distanced time, for a short period of time each, to get themselves ready to deliver online 'live' lessons to those of you in Year 10 after the half term break. I am grateful to all of them for working so hard in this new way, in addition to the remote learning we are providing and the interactive PowerPoints we are putting together. I would love to hear from you about how your learning is going as we develop more of these resources and interactive lessons for you – drop me a note at headteacher@noadswood.hants.sch.uk or on ePraise and we can have a chat about how it's going for you. In addition, there'll be a survey coming your way soon to gather your thoughts. We know it's not perfect, we know it's not easy, and we wish we could be together in school, but we are putting our all into it and we will keep working closely together on it even though we're apart, keeping each other safe.

More lovely work has been sent my way for this letter, including this beautiful capturing of Bargate by Nicole – I hope to see you dancing and performing again soon, too, Nicole, but in the meantime, great to see your art work:



It's been smashing to see this delicious cooking by students working hard in school, so thank you for sending this to me, Mr Freeman, and well done to you all:



One of my lockdown hero super chefs is also back this week. It's Aden with his simply lush Fakeaway:



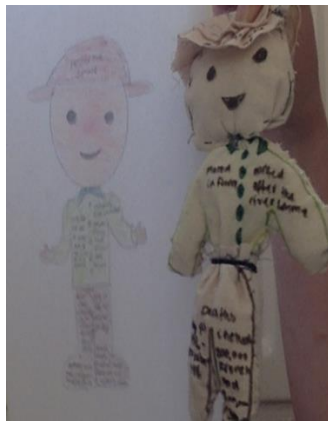
And a new hero chef has been brought to my attention – Ruth with her mighty efforts with her BBQ work. I think we'd all bring our socially distanced camping chairs round to yours, when we're allowed, if we were going to get food this delicious!



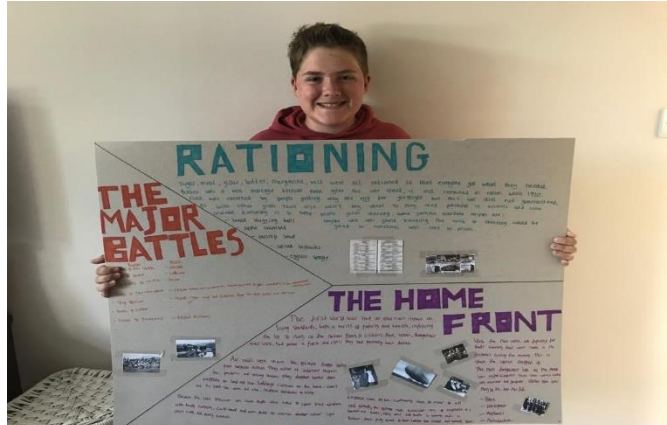
Joshua is rightly so proud of his amazing Lego creation – speaking as someone who made a very small kit of the Millennium Falcon, Han Solo and R2DT over Easter, and I mean very small, I am knock out impressed by this treehouses genius:



Next up is some terrific visual History work from Lucy as part of her WWI study – top work!



And the magnificent Ted and Zoe are back with their truly impressive History visuals, too:



I learnt a lot from that awesome poster, guys – they're working so hard, like so many of you are, so well done to everyone for their efforts, in this letter or not, throughout this week.

Half Term Activity for Writers:

Something you could take a look at, if you enjoy creative writing, is the ArtfulScribe free online workshop offer through the Mayflower Theatre – check it out, and send any of your stories or poems to us at any time. We would love to read them.

As part of ArtfulScribe's ongoing commitment to support writers of all ages and at all stage of their creative development, we have now migrated most of our services to online platforms and these are free to attend. With regard to children and young people we are offering creative writing sessions as follows:

11-14 yrs - Mayflower Young Writers in partnership with Mayflower Theatre on a Saturday morning from 9.15-11am - sign up by clicking through this link: <https://www.mayflower.org.uk/whats-on/mayflower-young-writers-online/>

15-18yrs - Mayflower Young Writers in partnership with Mayflower Theatre on a Saturday morning from 11.15am-1pm - sign up by clicking this link: <https://www.mayflower.org.uk/whats-on/mayflower-young-writers-online/>

We also have a youngwritersonline club on a Wednesday at 11.30am-1pm with Tabby Hayward aimed at secondary school and sixth form students - sign up by emailing youngwritersonline@artfulscribe.co.uk

Now, obviously, I need to close with a pet of the day! Today it's Gemma's Syrian hamster, Sydney who's super small and cute in the back of his cage:



Gemma is in Year 11 and, like lots of her peers, has reached out to me with her ideas for Prom for that magical moment when we can pull the Class of 2020 together to celebrate – I don't think I can say too many times, so you all believe me into your hearts, when it's safe to do so, it'll be our joy to plan a scrummy event with you and for you. So keep the ideas coming – we'll keep them all for when the time is right.

Have a lovely Friday – it's nearly half term and time to rest, recharge and take good care of you and everyone around you. Stay safe and stay in touch,

Miss Marshall