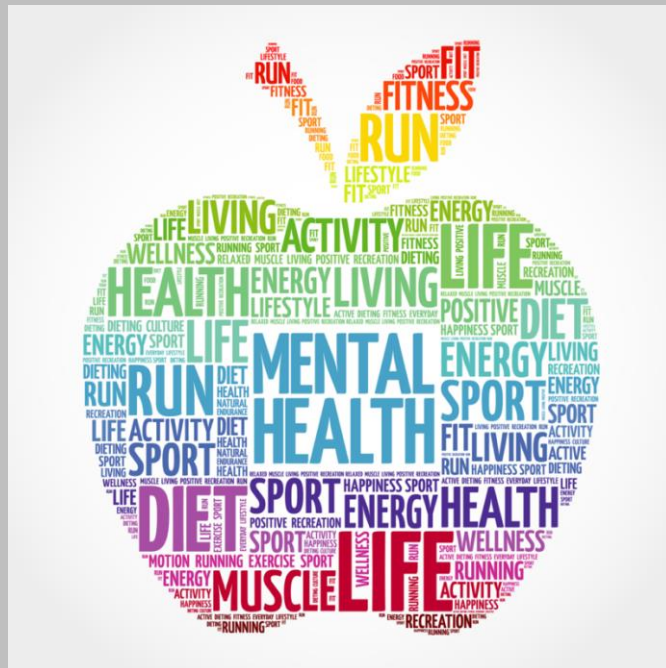


Noadswood



Wellbeing magazine.

Helping you help your mental health.

Issue number one

Meet the ambassadors



Hannah Rolle

Hello my name is Hannah Rolle, I'm easy to approach and a good listener and I'm always happy to help and support wherever I can.



Jess Hardcastle

Jess Hardcastle- My name is Jess Hardcastle and I'm here to help you, feel free to talk to me Jess.



Faith Husk

Hi, my name is Faith Husk, I am in year 9 and I am happy to help or talk about anything with whoever needs it :)



Ellie Ross

Hi my name is Ellie I am year 10 and happy to help I am open and honest if you ever need to talk.



Charlotte Wright

Hi my name is Charlotte and I am always here to help and free to talk



Hi my name is Abbie I am in year ten I am always here to talk and I'm open and honest feel free to reach out if you ever need.

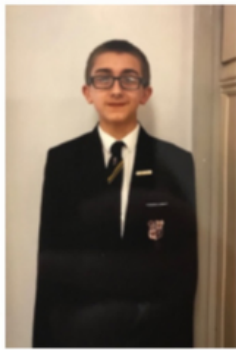


Hi my name is Briannah! I am very approachable and understanding. I'm really looking forward to helping you!



Olivia Kemp

Hey! I'm livv. I am here if you need to vent or just want someone to chat to.



JP Coulson



Lewis Macklin



Harry Grant



Josh Stride



Daisy Beard

I am always here
to talk to if you
need and always
here to help

If you would like to contact
any of the well-being
ambassadors you can do so
via epraise.

MENTAL HEALTH TIPS

- 1) Take a day to relax and watch Netflix and chill
- 2) Eat well perhaps try some fruit or a glass of cold water
- 3) Do some colouring its therapeutic and relaxes you
- 4) Do something you enjoy
- 5) Go for a walk or run outside
- 6) Connect with others and catch up with what they are doing
- 7) Try and manage any stress you have like homework if its piling up try and create a timetable plan your time and spread it out.
- 8) Try and get a good night sleep try remove electronics from your room.
- 9) Reach out if your feeling down.
- 10) Look after yourself and mentality
- 11) Look on the bright side

Interview with Miss Marshall

Abbie and Charlotte who are both well-being ambassadors interviewed miss Marshall Charlotte face to face and Abbie joined over zoom.



What Support with maintaining your wellbeing are you aware that you can access around school?

Students, house leaders, counsellor, elsa, specialist learning support assistant, well being ambassador, Adults- line manager, stress risk assessments.

What do you understand from the word wellbeing what does it mean to you?

Wellbeing is balancing own needs as well as own needs, putting in time for things you enjoy, not battling on, take a breather and seeking support if you feel you need.

Do you believe your personal wellbeing to be important?

I feel that I am better at thinking my well-being is not as important but to look after others you need to take care of yourself.

Some people recommend things like going for a run or doing yoga to help but what helps you ?

For me I enjoy going on long walks on the beach.

How do you deal with stress ?

I deal with stress in many ways some examples include Take breathers, reach out to people she trust, go for walks, gather perspective.

What is important in terms of your wellbeing?

I find it important to try and stay of my phone and to try and get fresh air I also find it important to ensure you feel that you can reach out and let someone know when your not okay or feeling down or in a bad place.

What do you do when your having a down day ?

When I am having a down day I try to avoid people who annoy me or wind me up.

What is one thing that you would reccomended a child doing on days where they are struggling with there mental health?

I reccomend a child realising that they can speak up and it's okay to ask for help or to show that they are having a bad day or struggling with there mental health.

Do you believe having a routine helps with your wellbeing?

I feel like having a routine can be good however it is okay to change and routines can cause stress.

Do you find sleep important to help keep a positive mindset and help with your daily wellbeing?

I find that having a good sleep routine can help maintain a positive well-being and is very important I have weeks where I have to work late and I can definitely see a decrease in my well-being.



Christmas Wellness

Disconnect to reconnect

Christmas is all about quality time with friends and family. This Christmas practice keeping your phone in your pocket and really being present.

Stay hydrated

Set yourself up for success by drinking a glass of water as soon as you wake up each morning. Staying hydrated when surrounded by mulled wine and festive cocktails can be tricky!

Eat your vitamins

During winter months our immune systems can be low, and lacking in Vitamin D! Make sure you fill up on at least 5 fruits and vegetables a day to keep feeling energised and healthy.

Get outside for a family winter walk

Thousands of studies have been carried out on the benefits of nature; from reducing depression and anxiety to lowering blood pressure and even helping with ADHD and autism in children.

Get some sleep!

Christmas can be stressful so it's even more important than normal to get a good night's sleep. Make sure you get at least 8 hours a night so your body can rest and recharge.

Let it go

Don't let the stress of present buying or socialising spiral out of control. Make a commitment to yourself to just let things go and enjoy each moment as it comes.

Take time to reflect

It's easy to get swept up in the Christmas festivities however it's important to pause and reflect. Take 10 minutes out of your week to jot down all of the things you are thankful for.

Make time for you

Don't get bogged down with stress and to-do lists. Make sure you take 10 minutes out of every day to pamper yourself or just have some time on your own and give yourself a much needed break.

The 80-20 rule

Try to eat real, natural foods 80% of the time, and 20% of the time relax and indulge. Really enjoy and truly savor every mouthful on Christmas Day.

Keep active

It can be very easy to curl up and stop your exercise routine over Christmas but try to keep active for both your body and mind. Just 15 minutes of exercise a day increases the amount of norepinephrine in your body - the chemical that can moderate our brain's response to stress and stressful situations.

Well-being wordsearch

S S E C C U S G K P H A E E W
I L D B I N N R O Z Z X H T E
L O R D O O W S D A O N T A L
Z O E V O L I H J C E P A I L
E H A A O T U C Y X R Y E C B
D C M A I L O Y A L T Y R E E
T S N V W L Y T P M S D B R I
V U I E R A C H T L A E H P N
K T O Y D E R J W E N Z G P G
Y O O K P I R E L O U F I A B
E G A S A L F I N Z R S Y N M
A T E G C E M N P E D T Y W G
P R C R K S P W O S S O H Y R
H A P P I N E S S C N S O A J
S P E A K L I C J A Z I E G L

APPRECIATE
CONFIDENCE
HAPPINESS
LOVE
POSITIVITY
SCHOOL
SPEAKOUT
WORTH

AWARENESS
DREAM
HEALTHCARE
LOYALTY
RESPECT
SMILE
SUCCESS
YOGA