

# BC Wellbeing News

#3 @BCCCWellbeing

Easter 2026

## Happy Easter from the Wellbeing Team

Easter is the most significant event in the Christian calendar, celebrating Jesus' resurrection and the hope of eternal life. It is a time when many Christians pause to reflect with gratitude on his sacrifice. However, even before the time of Christ, this season was associated with the arrival of spring- a period of renewal, growth and new beginnings. Whatever your beliefs, and however you choose to celebrate, this can be a valuable opportunity for reflection, as well as enjoying the lighter evenings and warmer weather to refresh routines and set new well-being goals.

The Well-being Team would like to wish everyone a very Happy Easter. For those students preparing for exams in the summer term, it's important to remember that feeling concerned is a natural response when something matters to you. We have included some helpful guidance on how to approach revision in a balanced way, without becoming overwhelmed. We have also put a range of Easter well-being ideas, which we hope will include something the whole household can enjoy together.



## Ideas for Easter wellbeing activities to involve the whole family

Well, they say the best things in life are free! Here are some suggestions for some (almost) free activities you could get the whole family involved in over the holiday.

1

Go on a picnic to your local park or further afield. Or just throw a blanket down in your garden and have a picnic lunch together for a change.



2

Keep a family gratitude board. At the end of the day, each member of the family writes down something they are grateful for. You don't need a special bard for this. You could just write on Post-its.



3

Plant some seeds and watch them grow. You could grow herbs on a windowsill or start off sunflowers inside. For sunflowers, give everyone their own flower pot (or a washed yogurt pot) and make it a competition. When the seedlings are big and strong, plant out in the garden (or in bigger pots) and see whose ends up the tallest!

4

Run a family 'Come Dine With Me'. Each member takes it in turn to cook a meal for the whole family. You can give marks for taste, presentation and originality but keep the comments kind! Score papers could go into an envelope/box and are only looked at when everyone has cooked. And at the end, scores are totalled and someone is crowned Family Cook of the Year (or Cook of the Month, if you particularly like this idea!).

5

Have a retro board games evening. If you have no board games, get a cheap pack of playing cards. No screens at all, not even TV!



Some links below to Easter activities (varying cost involved) in Birmingham and beyond.

[Becketts Farm](#)

[Mac Birmingham](#)

[Easter Quest at Kenilworth Castle and Elizabethan Garden | English Heritage](#)

# How can parents/carers best support young people in managing their well-being?

This is a question we are often asked. With fast-paced lives, exam pressures, increasing awareness of image, and the constant presence of the online world, it can sometimes feel as though young people today face greater challenges than previous generations. While these pressures are real, there are many simple and effective ways we can help. Below are some practical suggestions, gathered from a range of trusted sources:

Small, consistent habits can make a meaningful difference to overall well-being—for both young people and the adults supporting them.

**W- Watch your own example.** Model the behaviours you want your child to develop

**E - Establish screen-free time.** Build in time away from phones and electronic devices

**L -Look after sleep.** Prioritise good sleep and establish healthy routines

**L- Lay plans ahead.** Encourage organisational skills by planning for the week ahead

**B- Balance nutrition.** Enjoy a balanced diet and stay well hydrated

**E- Exercise regularly.** Encourage an active lifestyle and regular physical activity

**I -Keep things in perspective.** Remain calm if things go wrong, avoid catastrophising

**N- Notice what is around you.** Take time each day to some mindful reflection.

**G- Gratitude—** make thankfulness a habit of daily family life

## COMPASS Mental Health Support

We are happy to share that our school is now supported by COMPASS mental health support team. If you have any questions regarding the support they may be able to offer your son/daughter please contact Mrs Reynolds: r.reynolds@bishopchalloner.bham.sch.uk.

They have asked us to share the below information regarding the parent Compass Community:

By signing up, you will be taking valuable step toward supporting not just your own wellbeing, but also the emotional wellbeing of your family.

Parenting through these important years can be both rewarding and challenging, and we're here to support you every step of the way.

Our goal is to provide you with accessible, practical, and evidence-based resources that empower you in your role as a parent or carer.

Here's what you can expect:

- Evidence-based tips to help you understand and support your child's wellbeing
- Practical strategies for building emotional resilience, communication, and coping skills at home
- Age-appropriate activities and conversation starters to help open up safe, meaningful dialogue
- Resources and updates on workshops, expert webinars, and helpful tools designed to support you and your family

## Be a part of our Compass Community Birmingham!

Are you a parent or carer of a child who attends a school supported by Compass Birmingham Mental Health Support Team (MHST)?

Sign up today and be the first to get important updates, parenting tips and strategies and resources straight to your inbox



### How it works:

1. Scan the QR code
2. Type in your name and email and click on subscribe
3. Check your inbox (or spam and junk folder) to confirm subscription.
4. If our emails go into your spam and junk folder, make sure to make us a safe contact so you don't miss any emails from us.
5. All done! You are now part of our Compass Community Birmingham

Scan me



## Stay Connected!



- ✉ birminghamhst@compass-uk.org
- ☎ 0121 227 8254
- 🌐 www.compass-uk.org
- 📷 Instagram: @compassbmhst
- 📘 Facebook: @compassbirminghamMHST

### Your privacy matters

We will only use your email address to send you relevant updates and information. Your details will be stored securely in line with GDPR guidelines and will never be shared with third parties. You will also have the option to unsubscribe at any time.

# Managing Revision and Exam Stress

Firstly, it is important to remember that a certain amount of healthy concern about upcoming exams is perfectly normal- indeed even beneficial- as it reminds us that doing our best in something really matters. However, worrying about exams and assessments should not impact on your usual well-being: eating healthily, sleeping well, socialising and exercising. If it does, that is a sign to seek help. Talk to your Head of Year, your teachers and any member of the well-being team for support. Below are some ideas for approaching the exam season in a good frame of mind.



## Movement

If you're feeling stressed, consider moving your body. Exercise is great for the mind as well as the body. Consider stretching for 5 minutes, doing 5 star jumps every time you finish a chapter, walking around the room if you're feeling overwhelmed, or taking 2-minute dance breaks throughout your day. No matter how small movement can positively impact your mental well-being.

## Listening to music

Consider listening to music while you study or to help you unwind. A new study from the British Academy of sound therapy found that 9 minutes of music is all you need to spark joy and 13 minutes is the amount needed to relax and release sadness. Try it and see how different types of music impact your mood.

## Set Clear boundaries for work and relaxation time

If you are revising or completing coursework, set start and finish times and plan for a break every twenty minutes. Your revision will be more effective if your mind is not tired and having a clear structure will allow you to enjoy your relaxation time and not think about work throughout the day.

## Stay Connected

Spending time with friends or family can help reduce the stress of exams. If you are not able to meet in person, consider scheduling in times to video call friends or family in revision breaks.

## The following links may be useful:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time>

<https://www.thecompleteuniversityguide.co.uk/student-advice/before-you-start/top-tips-for-coping-with-exam-stress>

Finally, do not neglect your faith. Numerous studies have shown that that people of faith have better mental health, are more resilient and generally lead happier lives.

Wishing you all a Happy and Holy Easter!



## If you need help:

### PAUSE drop-in Centre, Digbeth

<https://forwardthinkingbirmingham.nhs.uk/pause/>

### Childline-

0800 1111 <https://www.childline.org.uk/>

### Samaritans

116123 <https://www.samaritans.org/>

### Birmingham and Solihull Women's Aid

0808 800 0028

<https://bswaid.org/>