December 2020

Walton Wellness Newsletter

Welcome

Welcome to our very first edition of Walton-le-Dale's Wellbeing Newsletter for parents, students and staff.

Walton-le-Dale High School is committed to promoting the well-being of all students, staff and our wider community. We believe that if we feel happy and healthy, then we are able to provide the very best education and school experience for all students. This newsletter will be completely dedicated to promoting the health and wellbeing of everyone in our school community.

The aim of the newsletter is:

- to raise awareness of healthy behaviours and to provide some useful tips;
- to provide factual information;
- to promote school initiatives.

We hope you enjoy this first edition and that you find some of the ideas useful in promoting your own well-being, and may I take this opportunity to wish you all a safe and peaceful Christmas.

Walton Wellness Garden

The garden is very slowly taking shape. We have been overwhelmed with the amount of support we have had from parents, carers and our school community. So a BIG thank you to all of you who have been in touch and would like to be involved. Due to COVID-19 restrictions we are limited to who we can have on site. We will be in touch to discuss further plans and involvement when restrictions change.

Earlier on in the term we had a group from the Prince's Trust who worked really hard to tidy up the garden. They planted up some flower beds, built a couple of raised beds, painted the sheds and walls to just give the area a bit of a lift. We really appreciated this help because it's given us a really good starting point.

Despite the dreadful weather we have managed to plant lots of bulbs in pots and containers and can't wait to see the results.

Our aim for the Wellness Garden is to create a calming environment where students can focus on looking after their mental health, improving their wellbeing and learn new skills.

If you haven't already registered an interest in supporting the Wellness garden project please email r.sweeney@waltonledale.lancs.sch.uk or l.shaw@waltonledale.lancs.sch.uk

Inside this issue

Digitally Healthy Schools..... .2
Mental Health Ambassadors.. .2
Change Talks 2
ASPIRE DAY 3
PSHCE 3
Wellness Recipe 4
Wellness Tips for exams 4
Get Active for Wellness 5
Where to go for support 6

Important Dates

03/01	Festival of Sleep Day - Why is sleep important?
11/01	National Obesity Awareness week
14/01	STIQ Day
25/01	Great Kindness Challenge Week
1/02	Sexual Abuse & Violence Awareness Week
03/02	Children's Mental health Awareness Week

Food for Thought

Mrs Sweeney's Christmas Rocky Road

- 250 grams dark chocolate
- 150 grams milk chocolate
- 175 grams soft butter
- 4 tablespoons golden syrup
- 200 grams Shortbread biscuits
- 150 grams red glace cherries
- 100g dried cranberries
- 125 grams mini marsh-mallows
- 1 tablespoon icing sugar
- edible glitter (only if you have it)

Method

Break up chocolate and melt in a heavy-based pan with the butter and syrup over a gentle heat.

Smash up the biscuits in a freezer bag, big and small pieces.

Take pan off the heat and add everything else.

Mix around and tip into a deep baking tray.

Pop in the fridge for 1-1.5 hours.

Chop into squares and sprinkle with icing sugar and edible glitter.

ENJOY

Digitally Healthy Schools

https://waltonledalehighschool-lancs.digitalhealthyschools.co.uk/

Do you know how safe or reliable the health apps you or your child are using? Lancashire County Council have teamed up with Orcha to provide all schools with their own Digitally Healthy Apps platform.

Health Apps are generally unregulated if you buy them straight from the App store, they don't always meet data privacy regulations. Orcha have a team who review health and care apps which are unregulated and provide an assessment based on the content. Anything in green is good and is reliable and safe to use, anything over 60% is good. The platform is suitable for all U18's, there is no explicit content in any of the apps and you don't have to create an account, just open up our own dedicated website and have a look. If you need any more information please contact r.sweeney@waltonledale.lancs.sch.uk.

Mental Health Ambassadors

We are currently taking applications from students in Years 7-10 who would like to apply to be Mental Health Ambassadors. Students will receive training from our current Yr 11 Mental Health Ambassadors, school staff and NHS staff. If your child would like to be an ambassador please ask them to check their emails and their Year group in Teams. Applications have been sent round. Thank you to those of you who have already applied. We look forward to reading many more applications.

Change Talks

We have had the privilege to be selected as a pilot school for a new programme for staff training by Sam Tyrer from Change Talks. Along with his colleague Dave Cotteral, Sam will be providing training in various mental health topics whilst involving other external agencies and organisations, providing up to date training on sexual health, gambling, smoking and e-cigarettes.

Sam has delivered numerous assemblies in the past to our Ks3&4 students which have been well received. We also hope that, as and when restrictions are eased, Sam will be able to continue the mental health & wellbeing workshops he runs with some of our students in school. We also hope to arrange for Sam to deliver talks to parents as this was well received last time he was in.

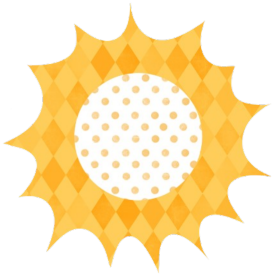
If you have any questions regarding any of the issues above please contact Mrs Sweeney.

ASPIRE DAY 2 for Years 7,8 &10

We had a very busy and very successful ASPIRE Day this week. The aim of our ASPIRE days are to provide students with life skills which are beneficial beyond the classroom.

Some of the topics this term have been quite sensitive but students have shown great resilience in dealing with some of these areas. There have been some really positive comments from teachers saying how engaged students were despite how challenging the topics were, and how they asked questions and involved themselves in discussions which showed maturity and integrity.

The topics covered this term were Mental health and Well-being and Relationships & Sex Education all of which are now statutory.



"Students contributed honestly, appropriately, regularly and to the benefit of their groups."

What is PSHCE and why does it matter?

Over the next year we are going to be starting our new PSHCE Aspire programme. Something which we are really looking forward to.

PSHCE - Personal, Social, Health, Citizenship and Economic (PSHCE) education is a school subject through which students will develop the knowledge, skills and attributes they need to manage their lives, now and in the future. (PSHE Association)

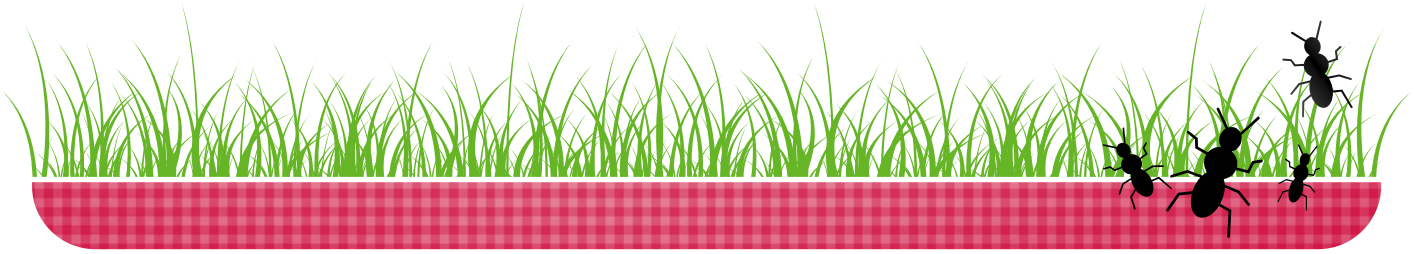
At Walton-le-Dale we believe these skills are vital to leading and managing healthy lifestyles both now and in the future.

Our hope is that the PSHCE Aspire programme will help students to achieve their academic potential and leave school equipped with skills they will need throughout later life.

There is research to show that students who are emotionally healthy do better at school. Our PSHCE programme will aim to help our students achieve their potential by supporting their wellbeing and tackling issues that can affect their ability to learn, such as anxiety and unhealthy relationships.

We expect our programme will work to help students develop skills and aptitudes - like teamwork, communication and resilience - that are crucial to navigating the challenges and opportunities of the modern world, and are becoming increasingly valued by employers.

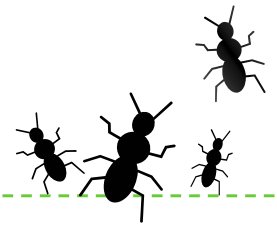
If you have any questions regarding the programme please contact Mrs R Sweeney (PSHCE Coordinator).



Wellness Recipe for Christmas from Ms Shaw

1 spoonful of happiness,
2 spoons of love,
3 spoons of understanding,
4 spoons of hope,
5 spoons of empathy,
6 spoons of respect,
7 A sprinkle of sympathy ,
8 A dash of motivation,
9 A good stir of wellness,
10 A glug of joy,
11 A large helping of kindness to each other and ourselves,
12 A cup full of care,

Mix it all together for a happy and peaceful Christmas.



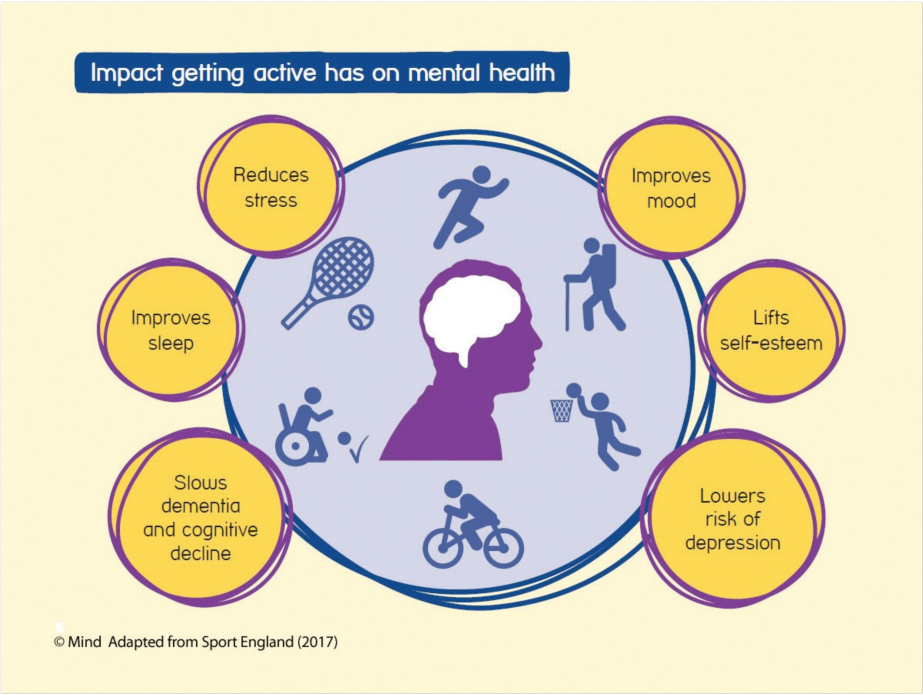
"Make yourself a priority."

Wellbeing Tips for the Exam period

As we approach the exam period it's important that you look after your wellbeing and we are here to support you.

Here's just a few things for you to consider

- Remember that we are here to support you so just reach out and ask.
- Results do not define you.
- Devise a self-care routine to help you be productive with your revision whilst you feel positive.
- Break up your revision with exercise and food, stay hydrated and energised.
- Find a revision space and style that works for you: silence, background chatter, music with or without lyrics.
- Work to your own pace - everyone is different in how they work.
- Plan in some treats to reward yourself - and celebrate when it's all over!
- AND remember: BE KIND to YOURSELF



Impact of being active on your mental health

Looking after our Mental Wellbeing

These past few months have been exceptionally difficult for everyone, so it's really important that we continue to look after ourselves. Making sure that we have good mental health is essential for our wellbeing. Physical Activity is proven to improve our mental wellbeing, helping with:

- better sleep
- happier moods
- managing stress, anxiety or intrusive and racing thoughts
- better self-esteem
- reducing the risk of depression
- connecting with people

The impact physical activity can have on our wellbeing is huge and shouldn't be underestimated. Short bursts of brisk walking can increase our energy, alertness and improve our mood.

As students, parents and staff, we are faced with difficulties and struggles and it's really important that we all look after ourselves and each other.

If you are struggling it may be hard to support your loved ones so make sure you prioritise your wellbeing. You can't support your loved ones if you are running on empty.

If you are concerned about your child's wellbeing please contact us at school.

Mental Health Family Hour

During the original lockdown we were fortunate to have benefitted from Sam Tyrer's Mental Health Family Hour talks. There was so much positive feedback and Sam and his colleague Dave recently received the Prime Minister's Point of Light Award. We are privileged to work with them both and we look forward to our continued partnership.

We highly recommend watching these should you need any support.

https://www.youtube.com/playlist?list=PL6Z_i2bNT4z4LdzY-xtC_UO6E16PXJFeD

Support

If you require any support and you are a student please speak to a trusted family member, friend or member of staff or have a look at the support websites listed below.

If you are concerned about your child please contact us at school.

There are numerous organisations who can offer advice, support and guidance for your own and your loved ones Mental Health and Wellbeing.

Mind - https://www.mind.org.uk/

CALM - https://www.thecalmzone.net/

HeadsTogether - https://www.headstogether.org.uk/

Mental health Foundation - https://www.mentalhealth.org.uk/

NHS Every Mind Matters - https://www.nhs.uk/oneyou/every-mind-matters/

Young Minds - https://youngminds.org.uk/find-help/for-parents/

Childline - https://www.childline.org.uk/

Give us a Shout - https://giveusashout.org/

Kooth - https://www.kooth.com/

The Mix - https://www.themix.org.uk/

Mrs R Sweeney
Walton-le-Dale High School
Brindle Road
Bamber Bridge
Preston
PR5 ^RN

Phone: 01772 335726
E-mail:
r.sweeney@waltonledale.lancs.sch.uk