



Spring 1 Half Term - Self-Care 2025

As spring arrives, it brings with it a sense of renewal and rejuvenation. The days grow longer, flowers bloom, and the world around us comes to life with vibrant colours and fresh scents. This season of growth is the perfect time to focus on self-care and well-being.

Taking care of yourself is essential for maintaining a healthy mind and body. Simple practices like spending time outdoors, enjoying the sunshine, and breathing in the fresh air can significantly boost your mood and energy levels. Incorporating activities such as a leisurely walk in nature can help reduce stress and promote mental clarity.

Spring is also an excellent opportunity to reassess your routines and make positive changes. Whether it's adopting a healthier diet, setting new goals, or simply taking time to relax and unwind, prioritising self-care can lead to a more balanced and fulfilling life. Embrace the season and nurture yourself! Kind regards Mr T

Friendly February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently
3 Do an act of kindness to make life easier for someone	4 Invite a friend over for a 'tea break' (in person or virtual)	5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while	7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you
10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day	14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help
17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun	21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise
	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them	28 Give positive comments to as many people as possible today	

ACTION FOR HAPPINESS Happier · Kinder · Together

Supporting your Wellbeing and things to come after half term

www.beateatingdisorders.org.uk

[Guide to CAMHS | Mental Health Services | YoungMinds](#)

[Ways to look after your mental health #MHW20 #mentalhealth #MHW - Develop Us](#)



BE RESPECTFUL
BE RESPONSIBLE
BE KIND & BE SAFE

BEFORE COLLEGE : BREAK : LUNCH : AFTER COLLEGE

BAN THE BANTER

STAYING SAFE AT MRC

STOP BULLYING

TAKE A STAND : SPEAK OUT

If you are worried about something,
TALK TO US!

Tutors : Heads of Year : All staff
Mr Thompson : Mrs Dickens

STAYING SAFE AT MRC

Everyone has the right to:

- Speak out and be heard
- Be safe
- Get help when they need it

If you are worried about something,
TALK TO US!

Tutors : Heads of Year : All staff
Mr Thompson : Mrs Dickens

STAYING SAFE AT MRC

ARE YOU SAFE ?

STAYING SAFE AT MRC

MRS DICKENS Designated Safeguarding Lead (DSL)	MR THOMPSON Deputy Designated Safeguarding Lead (DSL)	MRS BEESLEY Safeguarding Coordinator (DSL)	MRS CHARD Safeguarding Lead (DSL)
MRS FERGUSON SENCO (DSL)	MRS SKINNER Attendance (DSL)	MRS SILVERTHORNE Head of Year	MR CLEMENTS Head of Year

MENTAL HEALTH

If you are worried about something,
TALK TO US!

Tutors : Heads of Year : All staff
Mr Thompson : Mrs Dickens

STAYING SAFE AT MRC

STOP the HATE

If you are worried about something,
TALK TO US!

Tutors : Heads of Year : All staff
Mr Thompson : Mrs Dickens

STAYING SAFE AT MRC

SAFE ONLINE?

If you are worried about something,
TALK TO US!

Tutors : Heads of Year : All staff
Mr Thompson : Mrs Dickens

STAYING SAFE AT MRC

BAN THE BANTER

If you are worried about something,
TALK TO US!

Tutors : Heads of Year : All staff
Mr Thompson : Mrs Dickens

STAYING SAFE AT MRC

TALK TO US!

MISS LEE-JONES Head of Year	MRS DOWN Head of Year	MR LAMB Head of Year	MRS SHADBOLT Sixth Form Manager
---------------------------------------	---------------------------------	--------------------------------	-------------------------------------------

Remember, no matter how you feel, there is always someone to talk too!

There is *always* someone to talk to; use one of these free services to use if you feel low, lonely, or vulnerable.

- *CHILDLINE--<https://www.childline.org.uk/>...0800-1111-open 24hrs/7-days-a-week
- *SAMARITANS--<https://www.samaritans.org/>...116-123-open 24hrs/7-days-a-week
- *NHS Mental Health Line-0800-0309-500-open 24hrs/7-days-a-week
- *SHOUT---Text-85258
- *YoungMinds--[text YM to 85258](https://www.youngminds.org.uk/about-us/contact-us)-27hrs/7-days-a-week-<https://www.youngminds.org.uk/about-us/contact-us>

Anxiety—what strategies do you use, listen to a music list, walk around the garden, read some of a book, have you made a Self-Soothe box—find out at <https://www.youngminds.org.uk/young-person/blog/how-to-make-a-self-soothe-box/> or 0844-967-4848 open 27hrs/7-days-a-week.....or the *ClearFear* app

CLEAR FEAR

Suicidal—Call 999 or go to A&E if you or someone is feeling suicidal

Papyrus Hopeline-UK-0800-068-4141 or text-07860-039967 or email pat@papyurs-uk.org all open 9:00am-midnight everyday

Download the StayAlive app from Google playstore

PAPYRUS
PREVENTION OF YOUNG SUICIDE

#StayAlive

Parent Support—YoungMinds and WSCC

West-Sussex-Safeguarding-Hub: 01403-229900 Mon-Fri-9am-5pm and 0330-022-26664 5pm-9am and weekends

For detailed advice, emotional support and signposting about a child up to the age of 25. Call free 0808-802-5544 from 9:30am--4pm, Mon--Fri-<https://www.youngminds.org.uk/parents>

YOUNGMINDS
fighting for young people's mental health

Self-harm—what have you planned as your distraction techniques—go for a walk, make someone a cup of tea, bake some cakes, walk the dog, look at your favourite photos, doodle/draw.....or engage with the *CalmHarm* app

CalmHarm