



Health & Wellbeing



In this newsletter we have included news and suggestions from our PSHE, RS and PE departments. We hope you find the links and suggestions useful and relevant to promoting a healthy community.

Contents

[Section 1 – Contacts for support](#)

[Section 2 – How to sleep well](#)

[Section 3 – Healthy mind, free philosophy courses](#)

[Section 4 – Healthy body, viewsafe links to methods of training](#)

Contacts for Support

The Mix

What kind of support?

Essential support for under 25s

How to find them?

www.themix.org.uk

1-2-1 Online chat - 4pm-11pm Sun to Fri

Crisis Messenger - Text THEMIX to 85258

Freephone 0808 808 4994 (4pm-11pm daily)



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Young Minds

What kind of support?

General support on children and adolescents' mental health.

How to find them?

www.youngminds.org.uk

Crisis Messenger - Text YM to 85258



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Beat Eating Disorders

What kind of support?

Support on dealing with eating disorders.

How to find them?

www.beateatingdisorders.org.uk/

Helpline 0808 808 0711 (3pm-11pm daily)



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Samaritans

What kind of support?

General Support on Mental Health and Wellbeing.

How to find them?

www.samaritans.org

Helpline 1161 123 (24/7)



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Childline

What kind of support?

General Support for under 19 year olds.

How to find them?

www.childline.org.uk

Sign up online for 1-2-1 online chat with a counsellor
Helpline 080000 11 11 (24/7)

The logo for Childline, featuring the word "childline" in white lowercase letters on a blue rectangular background.

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Papyrus UK

What kind of support?

Hopeline for those dealing with suicidal thoughts

How to find them?

Call 0800 068 41 41, Text 07786209697

Email pat@papyrus-uk.org

Availability: 10am-10pm weekdays, 2pm-10pm weekends and bank holidays



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Mind

What kind of support?

General support for mental health.

How to find them?

www.mind.org.uk/information-support/

- Urgent help tool
- Online chat (9am-6pm Mon-Fri, except bank holidays)



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One You

What kind of support?

Support for building an action plan to make better choices and improve wellbeing.

How to find them?

www.nhs.uk/oneyou/for-your-mind/action-plan/

The logo for One You, featuring the words "ONE YOU" in bold blue uppercase letters, with "ONE" and "YOU" on separate lines and "YOU" underlined.

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Moodjuice

What kind of support?

Support for thinking about emotional problems and trying to overcome these.

How to find them?

www.moodjuice.scot.nhs.uk

The logo for Moodjuice, featuring the word "MOODJUICE" in a bold, blue, sans-serif font with a slight shadow effect.

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Moodzone by NHS

What kind of support?

General support for mental health and wellbeing.

How to find them?

www.nhs.uk/Conditions/stress-anxiety-depression/

The NHS logo, consisting of the letters "NHS" in a bold, blue, sans-serif font.

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UK Safer Internet Centre

What kind of support?

Advice on how to get the most out of the Internet whilst staying safe online.

How to find them?

www.saferinternet.org.uk/advice-centre/young-people



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Calm Harm is an award-winning app developed for teenage mental health charity stem4 by **Dr Nihara Krause**, Consultant Clinical Psychologist, using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT). Calm Harm provides tasks to help you resist or manage the urge to self-harm.

[Home - Calm Harm App](#)

calmharm.co.uk/

Sleeping

'Sleepyheads' by M. RICHI (Flickr), licensed under [CC BY-NC 2.0 \(modified\)](#)



Sleeping is the way our body rests, so it is really important that we get good quality sleep. As a teenager, you should aim to sleep around 8 to 9 hours on school or work nights. If you are experiencing problems sleeping properly or if you want to improve your sleeping quality, this section might help you!

1. Decrease the use of social technology before bed

It is very common to be on social media on our phones or tablets before bedtime even if it is just for a last quick check. However, studies have shown that using social technology before bed decreases our quality of sleep and is also associated with daytime sleepiness and lack of motivation.

What can you do?

Try to stop using social technology 1 to 2 hours before bedtime. A tip to successfully do this is to start small and work your way up. Start by putting it away 15/20 minutes before bedtime and then increase this time at whatever pace is best for you.

2. Cut caffeine

Caffeine is a stimulant and can prevent us from falling asleep! It is not only present in coffee, but also in other drinks, for example Coca-Cola, Irn-Bru, energy drinks such as Red Bull or Monster Energy, some teas such as green tea or english breakfast and others.

What can you do?

Try to cut caffeine at least 4 hours before going to bed. You can replace it with other drinks, for example [decaf coffee](#) or [tea, infusions](#) (e.g. chamomile, peppermint or fruit teas) or [flavoured water](#) (see healthy eating section for different ways to naturally flavour you water!)

3. Exercise

You will find throughout this booklet that regular exercise is a strategy that works wonders in improving our mental health and wellbeing. Even though it can be daunting, exercise does not mean you need to be lifting crazy amounts of weight or running miles everyday (if you do, however, that's amazing, well done!). It's all about moving! The longer you move, the better!

Exercise during the day has been shown to decrease the severity of insomnia and improve our sleep quality.

What can you do?

Include exercise in your routine. Start by increasing the amount of exercise you do during the day, even if it is not long. Examples of this include going on a fast-paced walk or run, or doing a quick home workout. All you need is to move your body! Check the *Exercise* section for more examples and ideas to make exercise fun!

4. Stretch before bed

Stretching before bed has been shown to increase our quality of sleep!

What can you do?

Before going to bed, try to do some stretch exercises, this can take 5 or 10 minutes only. Stretching is supposed to relieve pain or discomfort, so if you feel a big pain whilst stretching please stop the exercise. Do all movements as far as they are comfortable for you. An example of a stretch routine to do just before bed is in the following link:

www.healthline.com/health/stretching-before-bed

5. Create a sleeping routine

Having a regular bedtime and wake up time is associated with a higher quality of sleep and a reduced daytime tiredness.

What can you do?

Set a time for bed and to wake up, independent of your schedule during the day. Then, try to stick to it during the week and don't get change it too much during the weekends!

Don't worry if it doesn't work perfectly straight away; our body requires time to get used to new routines. If you sleep in or go to bed later on some occasions, don't see it as a failure! What is most important is to keep the routine constant over time!

The RS Department

Get free Philosophy courses from universities.

Whilst you are not able to take part in all of the activities you love, you may find learning a new way of thinking is helpful. You can download these free audio & video courses straight to your computer or mp3 player.

PHILOSOPHY COURSES

- **A History of Philosophy** – [Free Online Course](#) – Arthur Holmes, Wheaton College
- **A Romp Through Ethics for Complete Beginners** – [Free Online Course](#) – [Marianne Talbot](#), Oxford University
- **A Romp Through the Philosophy of Mind** – [Free Online Course](#) – [Marianne Talbot](#), Oxford
- **Aesthetics & Philosophy of Art** – [Free iTunes Audio](#) – [Free Online Audio](#) – [James Grant](#), Oxford University
- **Analytic Philosophy: Wilfrid Sellars** – [Free Online Audio](#) – [Robert Brandom](#), University of Pittsburgh
- **Ancient and Medieval Philosophy** – [Free iTunes Video](#) – [David O'Connor](#), Notre Dame
- **Ancient Philosophy** – [Free Online Audio](#) – David Ebrey, UC Berkeley
- **Ancient Philosophy** – [Free Online Audio](#) – Richard Dien Winfield, University of Georgia

- **Ancient Philosophy: Plato & His Predecessors** – [Massive Open Online Course \(MOOC\)](#) – University of Pennsylvania
- **Ancient Philosophy: Aristotle and His Successors** – [Massive Open Online Course \(MOOC\)](#) – University of Pennsylvania
- **Ancient Wisdom and Modern Love** – [Free iTunes Video](#) – [David O'Connor](#), Notre Dame
- **Argument Diagramming** – [Free Web Course](#) – Carnegie Mellon
- **Aristotle: Ethics** – [Free Online Audio](#) – [Leo Strauss](#), U Chicago
- **Aristotle: Rhetoric** – [Free Online Audio](#) – [Leo Strauss](#), U Chicago
- **Authority & the Individual: Six BBC Lectures** – [Free Online Audio](#) – [Bertrand Russell](#), Cambridge

The Physical Education Department

Inclusion – Confidence – Resilience – Performance

We have been so impressed with your response to our Core PE lesson tasks and have especially loved viewing the activity selfies.

Shared below are the 'viewsafe' video links to all of our lessons where the focus has been on developing your knowledge and understanding of the **Methods of Training**.

"There are two requirements when it comes to exercise. One is that you do it. The other is that you continue to do it."

So with this in mind, watch them again and **GET ACTIVE**. Each time working a little harder to feel even better.

Week 1: <https://video.link/w/F0rOb>

Mr Roberts **Flexibility**

Training/Yoga

"Exercise not only changes your body, it changes your mind, your attitude and your mood."



Week 2: <https://video.link/w/PWRNb>

Mr Morrison-Hill **Fartlek Training**

"A fast five-mile walk will do more good for an unhappy but otherwise healthy person than all the medicine and psychology in the world."



Week 3:

<https://video.link/w/rURNb>

Mrs Avery-Wright **Circuit Training**

"Good things come to those who sweat."



Week 4: <https://video.link/w/msRJb>

Mr Slater **Continuous HIIT**

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."

John F. Kennedy



Week 5: <https://video.link/w/OIYLb>

Mr Fox **HIIT**

"Take care of your body. It's the only place you have to live."

