

# Haileybury Turnford

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## MENTAL HEALTH AWARENESS WEEK NEWSLETTER

Mental Health Awareness Week is 18-24 May and the '5 Steps to Well-being' framework featured below is a widely used tool to help maintain and improve good mental health.



**Congratulations - staff and students alike are doing this already!**



*David Hicks has sent an email to Ms Johnson sharing a picture of his birthday present.*

*"I do weekly quizzes with my friends and family video chats to keep in touch with each other." - Mr Datta*

*"I remain connected with my family members who live in Bath, Norfolk and Australia by regularly video calling and communicating via Messenger and we also have a regular Saturday night video quiz." - Mrs Goodes*

**You are sharing your pictures and contributing to the Year Group News Bulletins**



*"While recovering from my knee injury, I am fortunately at the stage where I can now cycle so I have been cycling and walking around Epping Forest as much as possible." - Mr Datta*



*Havana Marshall (Year 7)*



*Salvatore Bellini is working hard at his dad's allotment*

*"I try to keep active and aim to complete at least one virtual Zumba class every day." - Mrs Goodes*

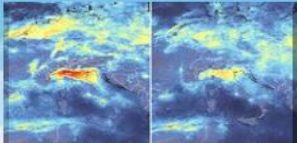


### Environmental improvements.

**Air Quality improvements.** A drop in air pollution was first observed by NASA in China's province, where the coronavirus outbreak began in December.

**Greenhouse gas release**  
Slowing economic activity also drives down release — if only temporarily. As countries order the closedown of schools, shops and factories, emissions are expected to fall.

**Climate is no longer the crisis**  
With the virus consuming everybody's attention, the climate issue has been crowded off the agenda. On Monday, the European Parliament opted to forgo a debate on the EU's new Climate Law after the session was shortened to minimize people's exposure.



*Kaitlyn Mungaroo is taking notice of the environment during lock-down*

*I have spent more time with my children and really noticed how they are growing and learning.”  
-Mr Newman*

*“One positive to come from this crisis is the decrease in levels of pollution around the world. A recent study suggested that improvement in air quality over the past month of the Coronavirus lockdown has led to 11,000 fewer deaths from pollution in the UK and elsewhere in Europe.” - Mr Datta*



**B**e aware of those around you, there are many vulnerable people that could use a helping hand if you are safely able to.  
**E**nsure you are looking after yourself, eating healthily, exercising and getting some fresh air once a day can help maintain good mental health.  
**K**eep in mind we're all in this together but no two situations are the same. Treat others and yourself with kindness.  
**I**solation can be hard so keep in contact with friends and family, even a quick phone call can make all the difference to someone's day.  
**N**ever feel like you can't reach out for help, or to someone you think is struggling. Helping each other will help us get through this.  
**D**on't lose your routine, it's easy to slip out of normal habits. Try to keep some structure to your day to help you to adjust back to the new normal.

*St John's Ambulance are sharing their expertise and kindness during Mental Health Awareness Week.*

*“I have planted and growing a hanging basket of flowers to give to my mum once I am able to visit her in person.” – Mrs Goodes*



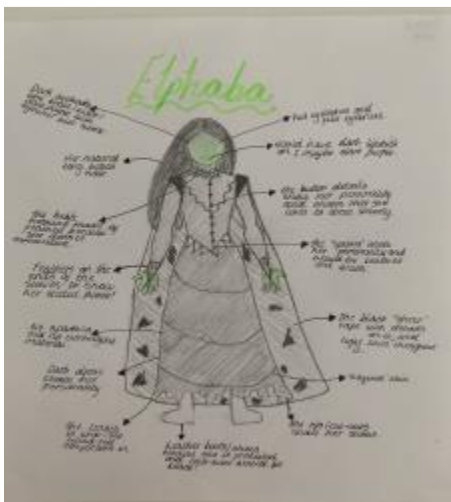
***You are looking after and being kind to your pets***



***“I am listening to Italian radio stations as I work to help me as I try to learn some Italian.” - Dr Netting***

*The Year 10 students below have all completed a Geography unit 3 paper at home and achieved a grade 6 or above:*

*Rebecca Fletcher  
Jamie Curry  
Lucy Evan  
Idil Altundal  
Vinnie Castiglione  
Jayden Mitchell  
George Wollaston-Smith  
Sophia Rothwell*



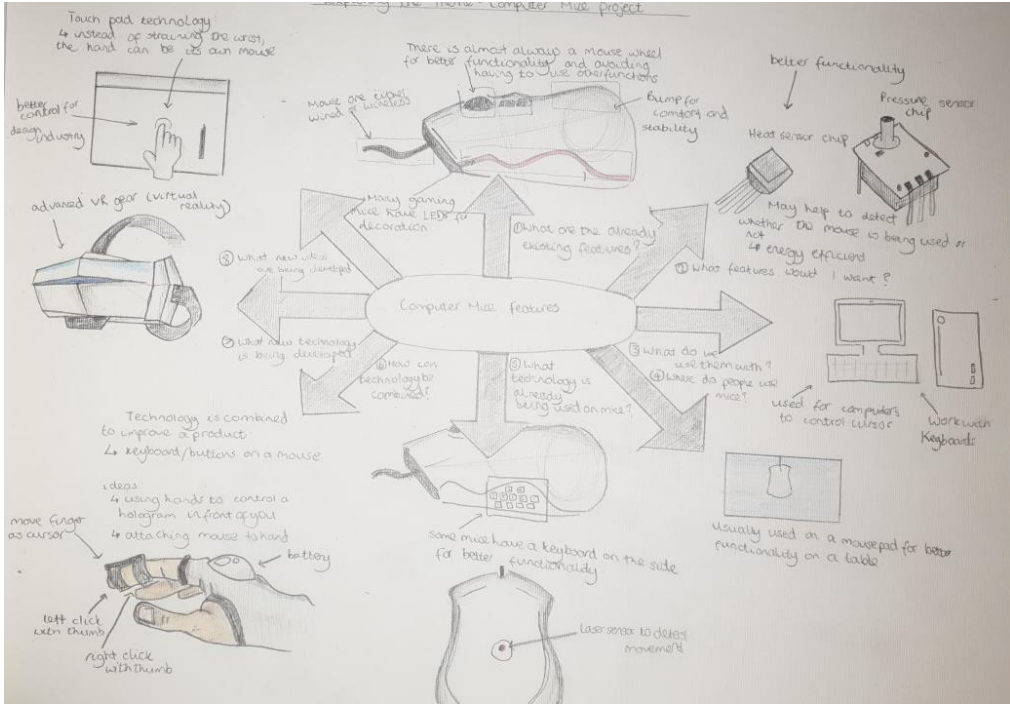
Ruby Gunes



Dylan Aziz



“Since lockdown began, I have started learning Spanish on Duolingo and have been trying my best to keep up my daily streak!” – Miss Ridge



Stephanie Pearce

“I write stories” - Anastasia Filimonova



*"I have taken a course in dog grooming as my two dogs were getting to be big fluff balls." - Ms Nethercott*

If you think you need help in enhancing your mental well-being, try to think of how you can engage in the '5 steps to Well-being' (you are probably doing this already without realising!).

Here are some ideas if you feel you need some guidance:



Talk to family and friends and share any worries or anxieties.

Contact your Year Achievement Coordinator or Assistant Year Achievement Coordinator. They have lots of resources and expertise to help you. For example, they may give you the following information:

*Healthy Young Minds have opened a Young People's Helpline for 10-17s in Hertfordshire. The telephone number is 01923 256391 – please visit the following website for more information and opening times.*

<https://www.hertsmindnetwork.org/young-peoples-helpline>



Take some daily exercise. Go for a walk, cycle or run. Go online and find an exercise video (no excuses if the weather's bad!). Go on your trampoline, dig out your roller skates or skipping rope, help with gardening and housework. The list is endless!



Check out regular well-being announcements on Class Charts.

Look at all the resources and help on the school website.



Herts Independent Living Service is an organisation that have asked for the School's help. They have many clients who are experiencing lock-down alone. They would love to brighten up their days with some paintings and drawings from students across the country. So please send your art work to [comms@hertsindependentliving.org](mailto:comms@hertsindependentliving.org)



Take up a hobby, learn a foreign language or musical instrument. Engage in school work to the best of your ability – this will give you a real sense of achievement and well-being.

Wind down at the end of the day with some meditation for young people at:

<https://blog.calm.com/take-a-deep-breath>