

# Haileybury Turnford

AMBITION • PRIDE • SUCCESS

## MENTAL HEALTH NEWSLETTER – FEBRUARY 2021

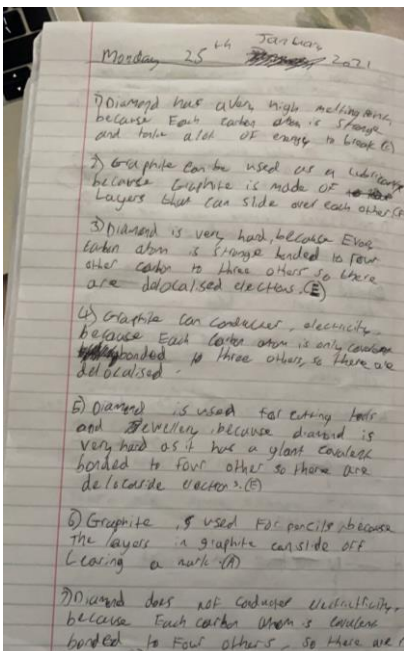
Welcome to our 4<sup>th</sup> Mental Health Newsletter, the 2nd of which has been published during a national lock-down when students have been learning from home.

Needless to say, this is a time when perhaps we need to put a little more effort into looking after our mental well-being, especially as we are spending so much time at home and the days are cold and short. With this in mind, remember to practice the 5 Ways to Well-Being on a daily basis in order to sustain, enhance and improve good mental health. Here are some examples of how you are already doing this!

Mrs Amatruda  
Mental Health Lead



Tanjeena Uddin - Year 11 is **CONNECTING**, **GIVING** and **LEARNING** by cooking for her family.



Freddie Newman – Year 11 **KEEPS LEARNING** by submitting high quality Science work.

Megan Giles – Year 10 is **TAKING NOTICE** by responding to Class Chart Announcements, **CONNECTING & GIVING** by helping her mum cook dinner, **BEING ACTIVE** by going on a daily walk and **LEARNING** by keeping up to date with her school work.

Tyler Becker – Year 11 is **GIVING** by helping with washing up, cooking, sewing and keeping his room tidy. He is also **LEARNING** First Aid

Ronnie Harris – Year 11 is **CONNECTING** with his classmates. “Every day we get a new wellbeing message from our AYAC. By sharing these messages with our friends you are sharing the positivity that is needed in this time.”



**“Be Kind” was a whole school activity where students expressed on paper hearts the ways in which they are kind to themselves and each other.**



**Our students have shown great kindness and the ability to GIVE, CONNECT and KEEP LEARNING by creating and sending Christmas pictures to the Bluebell Children’s Ward at the Lister Hospital.**



**Similarly, 7 Pankhurst and Miss Bilsby have shown the same attributes by designing and creating Christmas cards that were delivered to Kingfisher and Newgrange care homes.**



***A massive congratulations to David Hicks, Year 10 who has raised over £400 for MIND by undertaking a charity run. You can make a donation through the link below:***

***<https://moveformind.blackbaud-sites.com/fundraising/dids-fundraising-page>***



## ***Kindness in the Community***

***Hearts Helping Hearts food bank has changed location. They are now operating from The Beaumont Community Centre should you wish to use their services or make a donation.***

# THE FOOD PANTRY



FEEDING BOROUGH RESIDENTS WITH FRESH FOOD DONATIONS

<p><b>WHERE?</b> THE BEAUMONT COMMUNITY CENTRE TURNERS HILL, GRESHUNT EN9 9BG</p>	 <p>Hearts Helping Herts</p>	<p><b>WHEN?</b> EVERY SUNDAY 2-4PM EVERY 2ND &amp; 4TH TUESDAY OF EACH MONTH 4:30-6:30PM</p>
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DELIVERED BY HEARTS HELPING HERTS CHARITY INC. ORGANISATION REG #1192051



***We will now be sharing how teachers look after their mental well-being and will feature a different member of staff in each edition .....***

**Name:** Mrs Megaw

**Occupation:** Teacher

**This is me:**



**Connect – How do you stay connected?**

I keep in touch with my friends and family on What's App and we use video calls a lot at the moment too. I also like to write little cards to my family and friends with pictures my son has made. It's always nice to receive something in the post!

I am very conscious not to compare myself with what others are doing/looking like on social media as it isn't always a true reflection of normal life.

**Be Active- How do you stay active?**

We use our 'daily exercise' to combine a walk/cycle/run around our local village. It's nice to be in the fresh air to see and hear a bit of nature!

I try to move around a little bit in between my lessons at home so that I am not sat in the same position all day long.

**Keep Learning – How do you keep learning?**

I like to read adventure non-fiction books mostly about climbing, running or adventure travel. I especially love to read about human endurance and what the body (and mind) is capable of.

**Take Notice- How do you take notice?**

I find it really helpful to write a list, I write lists for everything 😊! I find it rewarding to highlight what I have achieved in the day, so that even the small things feel like an achievement.

I try not to get too overwhelmed with the current global situation and take time to be thankful for what I have. I try not to plan too far ahead and just take every day as it comes. I find this a good coping strategy in these unknown times.

**Give- How do you give?**

We are fortunate to be part of our local church community. Recently we all came together to make and deliver meals for an elderly man that just had a major operation and lives on his own.

I love being a teacher and seeing amazing work produced by young people 😊.

## ***Help and where to get it***

### Healthy Young Minds in Herts

<https://www.healthyyoungmindsinherts.org.uk/young-people>

### Every Mind Matters

<https://www.nhs.uk/oneyou/every-mind-matters/>

### Jo Morton-Brown's YouTube

<https://www.youtube.com/channel/UCUFB1XwKcbymIJCzye06eg>

### Headspace

<https://www.headspace.com/meditation/kids>

### YC Herts

<https://www.ychertfordshire.org/about-yhc-services-for-young-people/what-is-yhc-services-for-young-people/>

### Just Talk Herts

<https://www.justtalkherts.org/young-people/young-people-looking-after-your-mental-health.aspx>

***Please talk to your YAC, AYAC or email me at [amatrudaj@haileyburyturnford.com](mailto:amatrudaj@haileyburyturnford.com) for more support and information on good mental health. Please also let me know your own experiences and tips on well-being, which I will be delighted to publish in our next Mental Health Newsletter.***