

MENTAL HEALTH NEWSLETTER – MARCH 2021

Welcome to the Easter edition of the HT Mental Health Newsletter.

Now we are all back at school it is easier to put the **5 Ways to Well-Being** into practice as we routinely “**connect**” with our peers and teachers and “**keep learning**” simply by being in our lessons. It is easier to “**be active**” if we are spending more time outside our homes, walking or cycling to school, engaging in PE lessons and being in the fresh air during our breaks.

Spring is a great time to “**take notice**” when nature as well as our community appears to be coming out of lock-down.

You will see from the features in this Newsletter how our school community continues to “**give**”, not only to each other but also to ourselves.

I hope you all have a Happy Easter and restful break.

Mrs Amatruda



Mindfulness

What is mindfulness? Mindfulness is about being present in the moment; it is simply paying attention to what is happening to you now, inside and outside your body. When you pay attention to something, it means your mind is focused and calm and you aren't thinking about your worries.

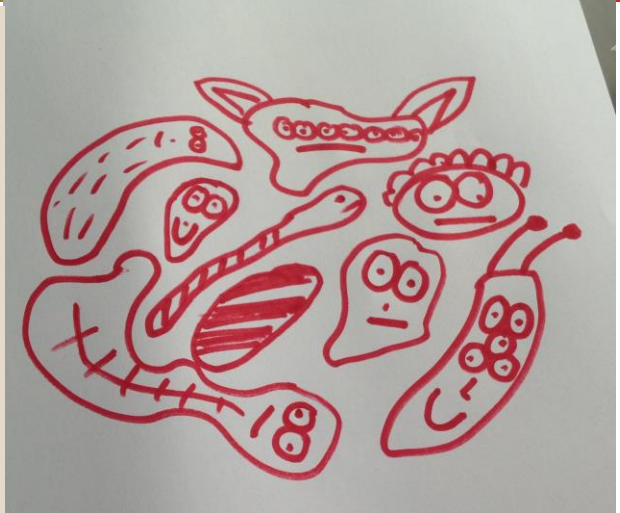
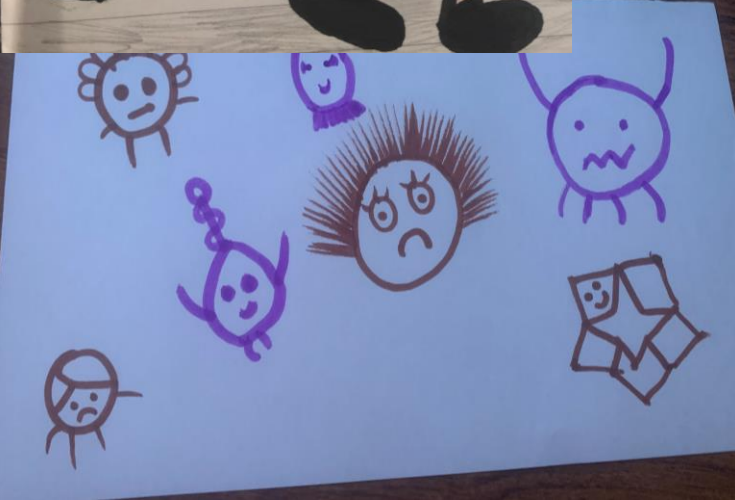
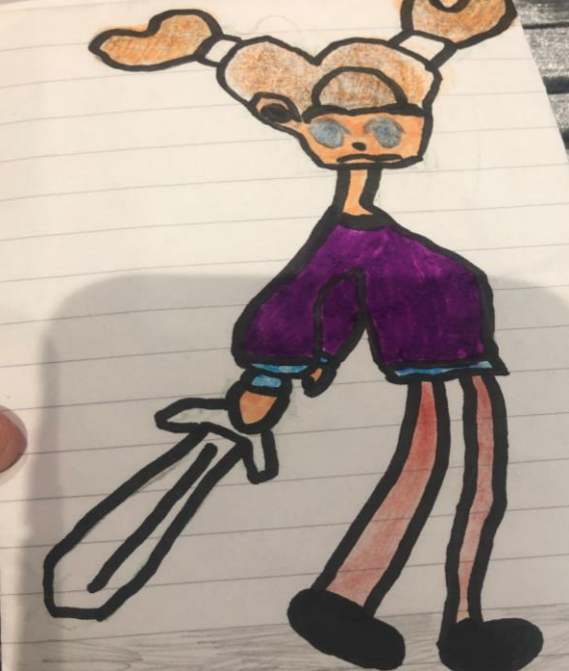
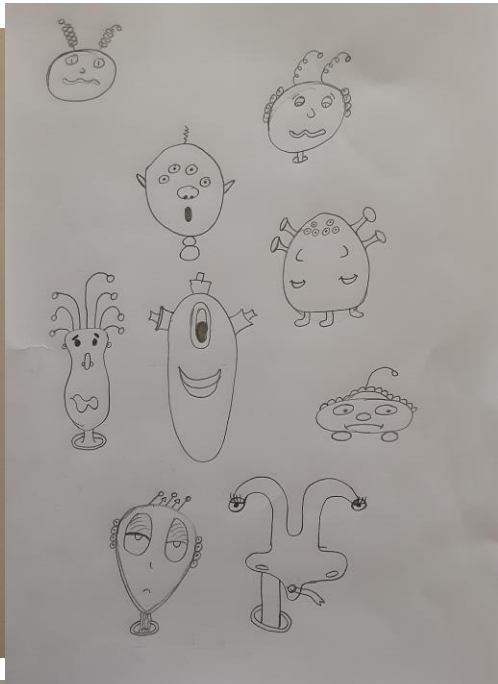
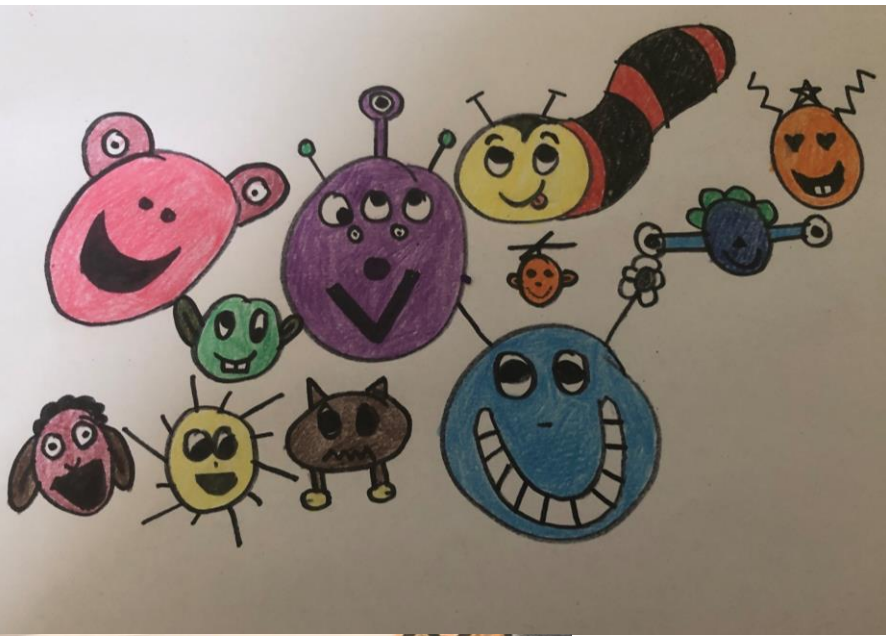
Take notice of what you see, hear, smell, taste and touch. Being aware of what your mind is doing or thinking about, how your body feels and what emotions you may be experiencing - tightness or discomfort if you are feeling worried or upset or warm and fuzzy if you are happy.

It's not about quieting the mind, as that is pretty tricky to do! Sometimes your mind is quiet and sometimes, it's pretty busy and noisy - and that's OK!! It's how we respond to what's happening in our mind that matters the most!

Our students and staff have been practising mindfulness art. Please click (or cut and paste into your browser) the link for a short video tutorial and see below the beautiful work our community have produced.

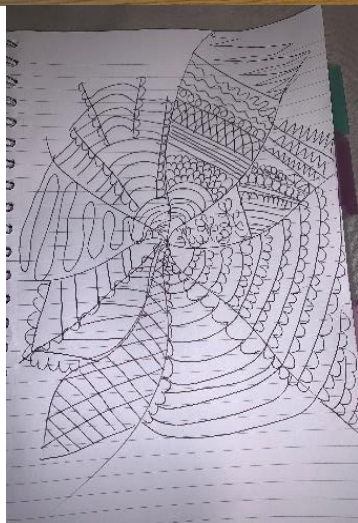
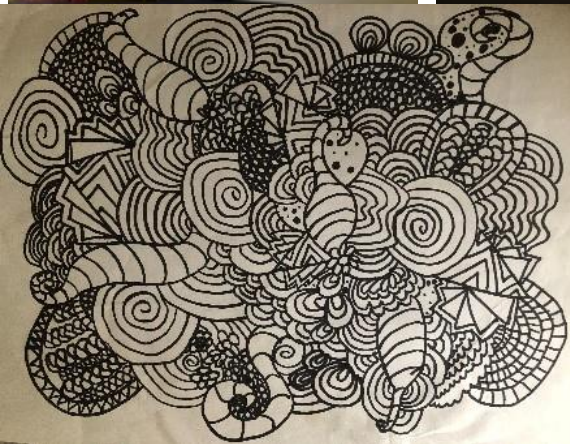
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I'm a video –
please click
below



HT Challenge Day

HT had our first HT Lockdown Challenge Day on Friday 5th February, which provided opportunities for students to complete some activities away from their screens. We recognise and understand that the increase in screen time can have a negative effect on a person's mental health and wellbeing, so we asked our students to complete as many HT challenges as possible and involve their family members too where appropriate. The following winners were awarded a £10 Amazon voucher and a "Community & Personal Development" certificate.

KS3 Havana Marshall

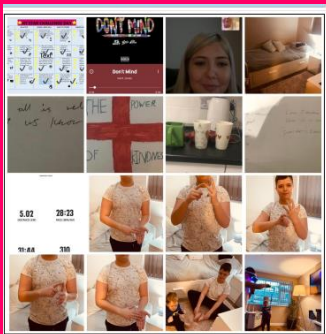
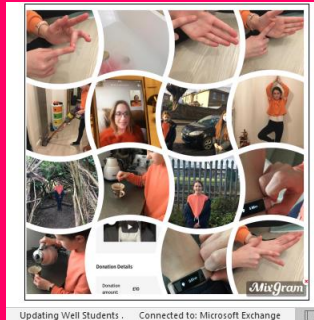
KS4 Sultan Guzel

Year 12 – Jack Ferris

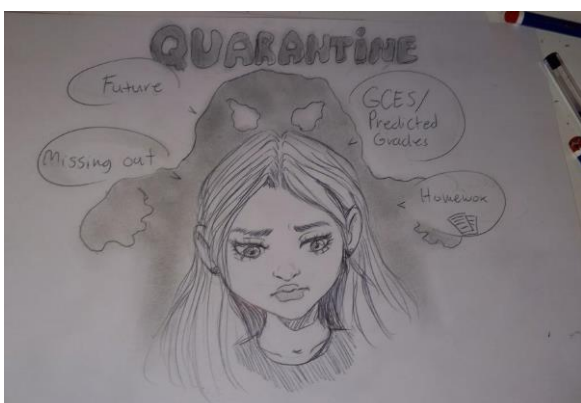
Year 13 – Chloe Parker



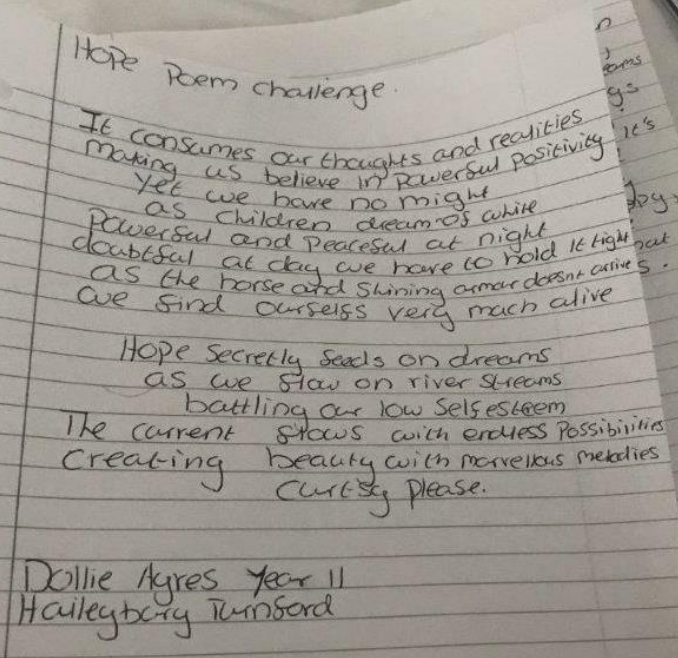
Below you will find some of the fantastic way in which our students contributed towards the day:



More ways in which HT students and staff look after their mental health and show empathy to others:



"James worked hard on communication with me on mental health and we talked about things that would help him get off the internet. Board games painting, his weakness, helping out shopping, ironing and remembering the importance of keeping safe. It's been hard but hopefully all will end soon." – Mrs Drati.



WHO I WANT TO BE

I STILL HAVE QUESTIONS ABOUT
EXACTLY WHAT I WANT TO DO IN LIFE,
BUT I AM STARTING TO PUT MY FOCUS
ON WHO I WANT TO BE.

I WANT TO BE SOMEONE
WHO WAKES UP WITH THE COURAGE
TO BREATHE DEEP AND TRY NEW THINGS.
I WANT TO BE SOMEONE WHO EMBRACES CURIOSITY
WITHOUT WORRYING ABOUT WHAT THE OUTCOME WILL BE.
I WANT TO BE SOMEONE WHO LOOKS BACK
ON MY LIFE AND IS PROUD. AND NOT JUST BECAUSE
OF WHAT I'VE ACCOMPLISHED, WHAT I'VE DONE,
OR WHAT I'VE ACHIEVED, BUT BECAUSE
OF THE KIND OF PERSON I CHOSE TO BE.
SOMEONE THAT CHOSE TO BE AN EXAMPLE
OF LOVE, GRACE, AND EMPATHY.
NO MATTER WHERE I END UP GOING IN LIFE,
OR WHAT I END UP DOING, I WANT TO REMEMBER
THAT BENEATH IT ALL, THERE'S A HEART THAT BEATS...
REMINING ME THAT NO MATTER WHAT I DO,
WHAT MATTERS IS WHO I CHOOSE
TO BE.

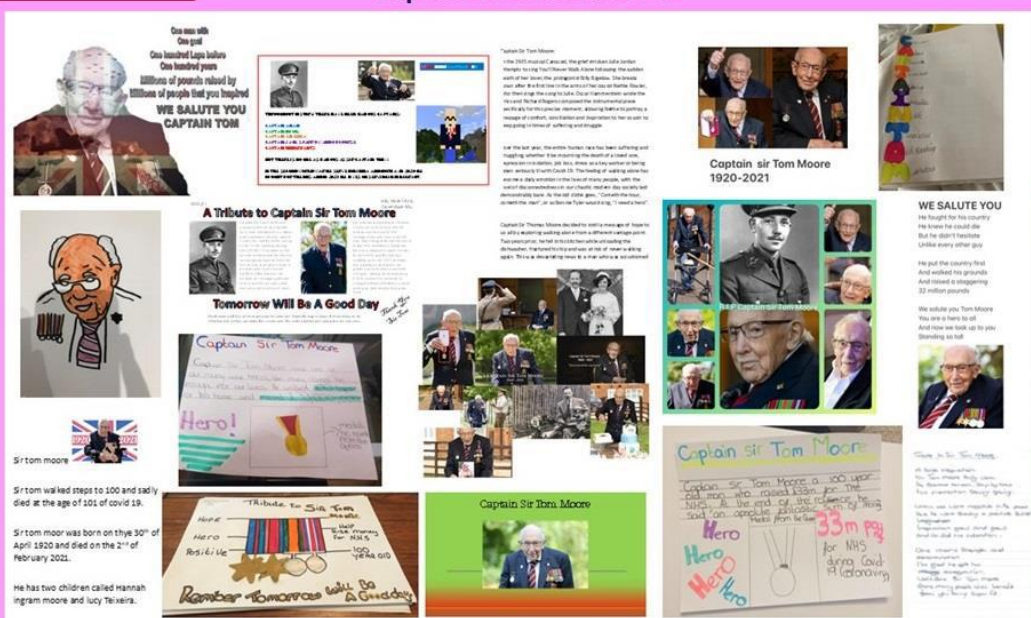
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Tribute

to Captain Sir Tom Moore

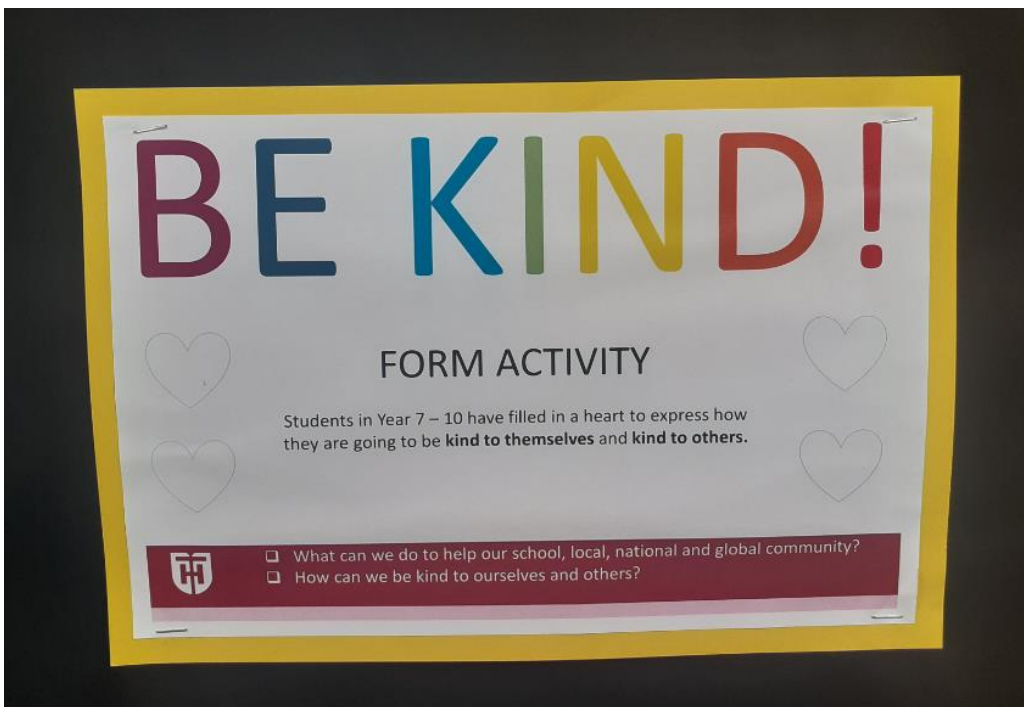


During this lockdown I have found many things to help me to stay positive and I thought that I would share some of them with you.

- I have been doing meditation every day when I wake up for 10-15 minutes a day to stay positive and get rid of anything I might stress about during the day.
- Waking up and making my bed has also really helped as then I can have a shower and not feel tempted to get back into bed.
- Helping around the house and helping to cook dinner and baking cakes has helped as I'm learning something new and when I complete a task, I feel like I have succeeded, and I am proud of myself.
- Not pushing myself has also helped as I am now doing my teams lessons and 30-45 minutes of work after and then moving onto my other lessons and only doing what I can instead of trying to do all my lessons at the same time and staying up late to try and complete it.
- Having a routine has helped as I know what I am doing and what I have to do but also making to do lists.
- Going for walks too has helped me to be able to tell my mum more as we have time alone just to speak to each other about our days and we are getting a long a lot better now.

Megan Giles – Year 10

Students in Years 7-10 have filled in hearts to express how they are kind to themselves and to others. These have been displayed with pride in our school.



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/UCUFB1XwKcbymIIJCzyeo6eg>

Headspace

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

YC Herts

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