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# **CHELLASTON ACADEMY SAFEGUARDING, MENTAL HEALTH AND WELLBEING NEWSLETTER**

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Happy New Year everybody and welcome to the first edition of this year's Chellaston Academy Wellbeing Newsletter!

In this newsletter we will be helping you understand your mental health, emotions, and where to get help if you feel it is necessary.

The wellbeing prefect team wanted to make this letter accessible for all years with helpful advice to any issue you need support with.

It includes inspirational quotes, links/phone numbers to various organisations and columns written by yours truly.

We understand how difficult the past year has been to everyone, so hopefully this letter can shed some light & support during this time. The current contact email address is **wellbeingteam@chellaston.derby.sch.uk**, however there is more information to come soon about contacting the wellbeing prefects. Due to COVID-19, we understand you haven't had the chance to meet us yet, so we thought we should introduce ourselves!

**BY ALEXANDRA DUNN**

# MEET YOUR WELLBEING PREFECT TEAM



Hi I'm Alex & I'm so excited to be a part of this team! I've been riding horses for almost ten years & I'm extremely passionate about art & playing music, specifically bass & guitar! :)



Hey there! I'm Beatrice and it is an honor to be a part of the school's well-being team. I love all things historical, graphical, and musical! :)



Heyyy, I'm Jazz and I'm so excited to be a part of such a great team! I love fashion, taekwondo, being creative and listening to people's stories! :)



Hey! I'm Anna and I'm so honored to be a part of this well-being team! I love to express myself through art and enjoy playing netball with my team! :)

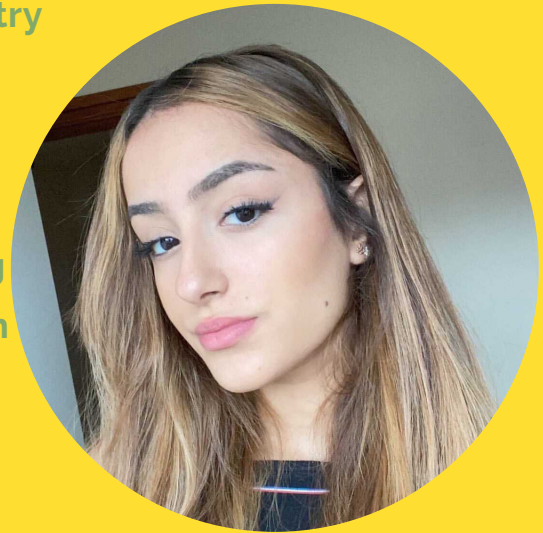


Hello! I'm Olivia or Liv I don't mind. I am so happy to be a part of the well-being team! As you can see I have a puppy (she's a lot bigger now though) and I love drama and making short-films! :)

# MEET YOUR WELLBEING PREFECT TEAM



Hiii all, I'm Evie and I'm so excited to be a part of such a lovely well being team! I enjoy spending time with my dog and attempting to get through a chemistry homework! :)



Hey I'm Sena. I'm both grateful and excited to be working on this well-being team. I love baking and volleyball, which I play frequently! :)



Hey I'm Niran! I'm so excited to be a part of this team and to help all of you! I love cooking, sleeping and reading! :)



Hello! I'm Meira and I'm really happy to be a part of the well-being team! I take art and love drawing, as well as listening to music and watching Netflix! :)

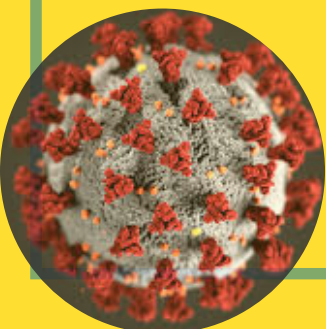


Hiya! I'm Judith and I'm one of the well-being prefects! I'm really looking forward to working with this team! I love meeting new people and writing stories, as well as being a bit of a film nerd! :)

## DEALING WITH COVID-19 LOCKDOWN

BY JASMINE CALLUM

Covid-19 has thrown surprises at us left, right, and center! Every single person has had to sacrifice something, whether that's family, holidays or even just giving someone a hug. Along-side these sacrifices, comes hurt, confusion and emotions maybe we have never felt before. Lockdown is especially hard and it's okay to admit you're struggling! Take each day as it comes, and look after your body. If one day you wake up and feel low and unmotivated, take a break and relax, watch some tv, have a bath. Everyone is going to experience these feelings, and acknowledging when to take care of these feelings is the first step to a good mental well-being. If you wake up the next day and feel good, happy and active, aid these emotions! Maybe write a list of what you want to complete in the day to stay motivated, or do some exercise to release endorphins and enhance your positive mind set. Just remember it's okay to feel alone, anxious or low. Check on friends and be there for each other!



## DEALING WITH EXAM STRESS

BY ALEXANDRA DUNN

For some students, exams aren't a problem and are solely a way of proving how much they have improved. However, for many others, they are an extremely stressful and anxious period. This could be because of wanting to impress people, worrying that you won't get into the school you want to, or solely down the uncertainty of the exam questions. We all struggle with this period in our lives so here are some tips on how to get through!

We understand how difficult and confusing exams have been over the past year, so even if you are not sitting any exams due to cancellations, these tips can still help you in everyday life if you are ever feeling stressed.

If the stress is interfering with your everyday life or overall mood, please talk to a member of staff or somebody you trust to help.

1. **Taking regular breaks is an absolute must when you are revising.**
2. **Continuing with an already established hobby or finding a new one.**
3. **EXERCISE**
4. **Talking to your friends**
5. **Lastly, remembering to take care of your body**



## WHO CAN HELP ME? BY OLIVIA BROWN

In these times, more than ever, it is really important to reach out.

That can be to friends, family, a member of staff at school and if you want to talk to someone anonymously you can use the list provided. These companies are here for a reason, its perfectly normal to feel low and there is always someone to support you. This list is only a few of the many services now available and they all work slightly differently so try some of these contacts and find what works best for you.

**SAMARITANS**

**shout**  
**85258**  
here for you 24/7

**ChildLine**  
**0800 1111**

**PAPYRUS**  
PREVENTION  
OF YOUNG SUICIDE

**YOUNGMINDS**  
fighting for young people's mental health

**kooth**

### In school:

**wellbeingteam@chellaston.derby.sch.uk** – this email address will go to all the wellbeing team. You can email your Form tutors, Heads of years or any teacher that you trust.

Go to your own **firefly page>Resources> Subjects>**

### **Wellbeing for**

lots of resources

**<https://www.chellaston.derby.sch.uk/our-academy/wellbeing-support-and-guidance/>**

- This link is to the school website where there is an even bigger list

to support and resources to help if you are feeling low. This will

always be there so it's worth checking out!

### External support:

Text SHOUT to 85258 for free 24/7 support via text Samaritans- Call 116123 for 24/7 support from -

<https://www.samaritans.org/>

Childline- Call 0800 1111 between 7.30am and 3.30am every day -

<https://www.childline.org.uk/>

PAPYRUS- call 0800

068 1414 - [www.papyrus.org.uk](http://www.papyrus.org.uk)

### Other websites to look at:

<https://www.kooth.com/>

<https://youngminds.org.uk/>

# PARTING MESSAGES FROM THE TEAM

QUOTES GATHERED BY ANNA WELLS



'LOOK FOR SOMETHING POSITIVE IN EACH DAY, EVEN IF SOME DAYS YOU HAVE TO LOOK A LITTLE HARDER'

'MAKE YOURSELF PRIORITY'

'THE ONE WHO FALLS AND GETS UP, IS SO MUCH STRONGER THAN ONE WHO NEVER FELL.'

'DO SOMETHING TODAY THAT YOUR FUTURE SELF WILL THANK YOU FOR'