



MENTAL HEALTH Bulletin

12th July 2021

Hello everyone,

Well, we have finally reached the last full week of the academic year and what a year it has been with Covid, lockdowns, self-isolating, LFT tests, online lessons, and bubbles. We have been through it all and then to end the year we have just been visited by Ofsted, too. It has been a tough year for everyone and has tested our resilience and wellbeing. Some of us have found it particularly difficult and this has affected our well-being and mental health. So, in this final mental health bulletin I want to focus on continuing to look after our mental health while we are away from the routines and social environment of the academy.

Most of us look forward to the six-week summer holiday and being able to relax, spend time with family and friends and, with the Covid restrictions being lifted over the coming weeks, going back to some kind of normal life. However, I am aware that the holidays are not something everyone looks forward to and there are students who are living in poverty, suffering domestic abuse or experiencing loneliness.

To help our students, I have included some tips from Forward Thinking Birmingham to help them stay on track and hopefully improve their mental health. Further information and advice can be found at:

<https://www.forwardthinkingbirmingham.org.uk/resources/68-5-ways-to-boost-your-mental-health-during-the-school-holidays>

Forward Thinking Birmingham 5 Top Tips

Don't do away with the routine - Long lie-ins are a must sometimes but if you're sleeping lots every day, it can have a negative impact on your mental health. It's ok to relax your routine a little – we're not suggesting 6am starts – but try to go to bed at a reasonable time and get up not much more than an hour later than you normally would. Have a shower and get dressed, even if you've got no plans for the day. You'll feel refreshed and more energised.

Get planning - If you're struggling to get motivated, planning your time can help. Give yourself something to do every morning and afternoon, and make sure you have a good mix. Schedule in some time for gaming, reading, or watching TV and add in a couple of chores. It's not just to keep your parents happy (although that's an added bonus), it'll give you a sense of achievement and make the fun stuff more enjoyable. If you need help getting started, take a look at our [top tips for planning your time](#).

Practise a summer of self-care - Self-care is all about being kind to yourself, listening to what your body and mind need and making time for the things that make you feel good. Check in with yourself each morning and evening to see how you're feeling and whether there's anything you need. Sometimes a few minutes of [mindfulness](#), a [short walk](#) or a nice relaxing bath can do wonders. Try making a list of some feel-good activities and plan them out for the weeks ahead.

Enjoy the great outdoors - Ok, so living in the UK's second city, it might feel like we're miles from the countryside but there's more to see in Brum than you might think. As well as beautiful parks and nature reserves, a walk around the city itself can be pretty interesting. Whatever works for you, try to get outside at least a few times a week. If you need some inspiration, the Birmingham Mail has some great suggestions for [summer walks](#).

Stay connected - If you can't meet up with your mates over the summer, six weeks can feel like a lifetime. Having some company is important for everyone, so make an effort to catch up with family members and keep in touch with friends if possible. If you're feeling lonely or need someone to talk to, come and see our friendly team at [Pause](#).

I hope that you find these tips helpful. If you or your child need further advice or help during the holidays, then please refer to the links I have attached below.

<https://www.meetoo.help/> The MeeToo app allows you to talk anonymously about difficult things with other people of a similar age or experience. You can get help with your problems or use your experiences to help others. The app is a safe space where all posts and replies are checked before going live so there is no harassment, bullying or grooming.

<https://youngminds.org.uk/> The UK's leading charity fighting for children and young people's mental health. The website contains lots of advice and resources and links to support if you are in need of help.

<https://www.kooth.com/> A free, safe and anonymous place where young people can find online support and counselling. In addition to being able to chat to online professional counsellors, there are also Kooth magazines, discussion boards and journals where students can contribute to the Kooth community.

Have a great summer everyone and stay safe and well.

Ms Corbett-Lees
Mental Health Lead

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