



George Stephenson
High School

Well-Being Bulletin

Mental Health Awareness Week

Welcome to Week 5 of George Stephenson High School's Well Being Bulletin. We hope that you are all safe and well. As I am sure that you are aware, we are celebrating Mental Health Week this week and we have lots of fun activities and resources for you to check out!

Show Kindness in Our Local Community!

Throughout our Well-Being Bulletins, we have been discussing lots of different acts of kindness. Now is your chance to carry out acts of kindness within our local community, specifically to residents in our local sheltered accommodation. There are around 30 flats in which members of our community are not allowed to socialise in their normal social area and we would like to do something kind for them! Westmoor Resident's Association are putting together some 'high tea' boxes and would love your letters to be part of each box with just your first name and year group and use the school as your return address. The residents would even have the opportunity to write back to you via our school! Could you write a poem or a short story about loneliness and how lockdown has made you feel and what you are looking forward to once it has been lifted. Maybe you could write to the residents to tell them what you have been doing in lockdown school and life in general. Please send your letters/ drawings by post in a bag to: c/o Mrs C Patrick, George Stephenson High School, Southgate, Killingworth, Newcastle-upon-Tyne, NE12 6SA or e-mail: kindness@gshs.org.uk When this is over, we are hoping to arrange for the residents to come into the school and meet those who have contributed for a coffee morning.

Reward Someone Special!

Westmoor Residents Association are also running a scheme in which you can nominate a special relative or grandparent for a visit and a cake which will really cheer them up! Please let us know via email to: kindness@gshs.org.uk if you would like to nominate a relative with their name and address.

Mind



<https://www.mind.org.uk/get-involved/mental-health-awareness-week>

If you are in need of tips and advice on mental health awareness check out Mind's website that has lots of great resources!

Some great simple tips that might help you are:

"Try to keep to a routine as much as you can – eat and sleep at normal times if possible."

"Go for walks if you are able. Take photos of nature. Smile and say hello to passers-by."

"I have found that being creative has helped me so much."

"Try to remember, nothing lasts forever. You can get through this difficult time."

"Speak out about how you feel, you will be surprised at who is willing to help you."

"Be kind to yourself. Take it hour by hour – not even day by day."

"I find minimising watching bad news on the TV helpful."

"Do something creative."

"It's okay to feel however you feel, people cope and react to things in different ways."

"Try not to put pressure on yourself to be too productive."

NHS One You, Every Mind Matters

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

This website has lots of useful information about anxiety, low mood, stress, sleep and urgent support. It also has an amazing 'Your Mind Quiz' which only has five questions and from your answers it creates a specific plan of action to help you! Well worth a go!

Coronavirus (COVID-19)
[Get the latest advice about coronavirus](#)

ONE YOU For Your Mind | For Your Body | Apps | About

HAVE A GO AT RUNNING
Grab your trainers and get up and running in just 9 weeks with Couch to 5K!
[GET THE COUCH TO 5K APP](#)

THERE'S ONLY ONE YOU
Making better choices today can have a big impact on your health. One You is here to help you get healthier and feel better with free tips, tools and support. Whether it's moving more, eating more healthily or checking yourself - One You can help you make small, practical changes that fit in with your life.
[ABOUT ONE YOU](#)

Have a look at these videos about teen mental health:

<https://www.youtube.com/watch?v=li9OktVsTWo>

<http://youtu.be/L-xXy9AfNXA>

<http://youtu.be/Qcyc68d6OAk>

Congratulations!

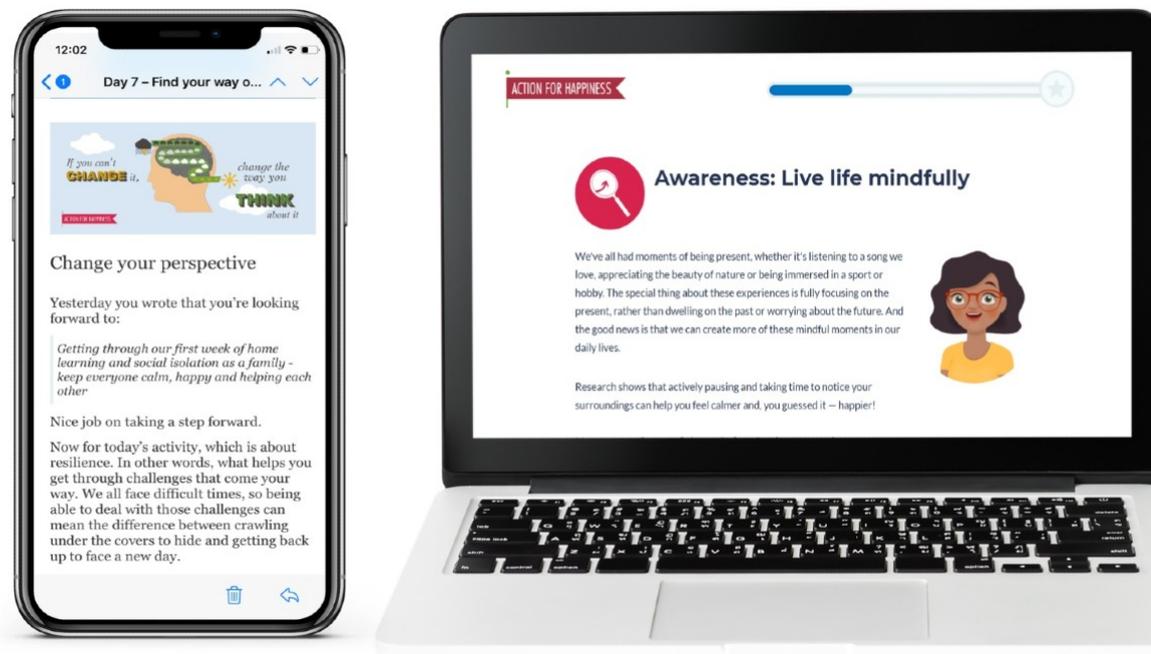
Congratulations to all those who have passed their Online Safety Certification in the last week! Well done to: Liam McCall, Riley McFall, Kaitlyn Tulip, Joe Rooke and Aimee Preen!

10 Days of Happiness Coaching Programme

The Covid-19 crisis is a big challenge for our mental health. So Action for Happiness has launched a new program to boost your wellbeing in these crazy times.

New online coaching program

10 Days of Happiness is a free online coaching program which guides you through daily actions for happier living, all based on the latest research.



[Join The Program](#)

"I loved the different activities that helped me to focus on positives at a very uncertain time"

Here at the Charlie Waller Memorial Trust we are supporting **Mental Health Awareness Week** from Monday 18th - Sunday 24th May.

The theme this year is Kindness and we want to help spread kindness so we're running our #CWMTKindness 'pay it forward' campaign.

If you have received a random act of kindness we want to encourage you to 'pay it forward' and do a random act of kindness for someone else. Go on... make someone's day and bring a smile to their face!

To take part simply copy and paste this wording to a social media post (add in a picture if you like too)

Thank you [insert name here] for your lovely act of kindness. I am joining the #CWMTKindness Pay it Forward campaign so [insert name here] you will soon be receiving a little kindness from me! Don't forget to pass it on this #MentalHealthAwarenessWeek! #KindnessMatters

Make sure you tag us in so we can see them too:

Instagram: [@CharlieWallerUK](https://www.instagram.com/CharlieWallerUK)

Facebook: [@Charliewallermemorialtrust](https://www.facebook.com/Charliewallermemorialtrust)

Twitter: [@CharlieWTrust](https://twitter.com/CharlieWTrust)

The Mental Health Foundation who organise Mental Health Awareness Week explain why they have chosen the theme of Kindness this year:

"One thing that we have seen all over the world is that kindness is prevailing in uncertain times.

We have learnt that amid the fear, there is also community, support and hope.

The added benefit of helping others is that it is good for our own mental health and wellbeing. It can help reduce stress and improve your emotional wellbeing.

Kindness could transform our schools, places of work, communities and families. Let's shape a society that tips the balance in favour of good mental health, for all of us, but especially for those who are most vulnerable."

We look forward to seeing your random acts of kindness!

Here are some ideas to inspire you:

- **Send someone a home-made card or small present in the post**
- **Leave a note on someone's door to tell them how special they are**
- **Make some cupcakes and give them to all your neighbours**
- **Write a poem and send it to a family member**
- **Cook an extra portion of your dinner and drop it round to someone who might need a break**
- **Share your favourite recipe with a foodie friend**