



George Stephenson High School

Well-Being Bulletin

Happy Half Term!

Welcome to Week 6 of George Stephenson High School's Well Being Bulletin. We hope that you are all safe and well.

Acts of Kindness!

In last week's Well-Being Bulletin, we gave you the opportunity to show an act of kindness for your local community. Thank you to those who have taken the time to write a letter or poem to send to the residents of our local sheltered accommodation. As this bulletin is going out, our first batch of letters and cakes are being delivered, which we know will mean the world to them and make a real difference. We are hoping to get even more next week, so if you would like to make someone's day please help Westmoor Resident's Association with their 'high tea' boxes. 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

Why not join some of our fantastic students such as Eve Gransbury Year 8:

My Poem ~

Life can be like an ocean,
Calm and clear or rough and choppy.
It can be unexpected, dangerous and dark
But the ending is always beautiful.

Life can be like the wind,
Powerful and bitter or calm and relaxing.
It can sweep you off your feet and knock you down

But the ending is always beautiful.

Life can be like the sky,
Dark and cold or bright and sunny.
It can be depressing and violent
But the ending is always beautiful.

Life can be like the hills,
Steep and painful or free and easy.
It can be bumpy and uncomfortable
But the ending is always beautiful.

Life can be the rain,
Sad and depressing or fun and adventurous.
It might cause some damage
But the ending is always beautiful.

Life can be like a desert,
Hot and tiring or cold and thrilling.
It will show you the unexpected and new things
But the ending is always beautiful.

Life can be anything,
Happy, sad. Lonely, loving. Painful, easy.
It can be anything you want you choose how your story goes.
Sometimes in life you can't always choose the outcome and it might not be the best
But remember the ending is ALWAYS beautiful.

How fantastic is this poem from Ben Foster from Year 7:

- L Long school days without my friends
- I I really miss playing out
- F For a while it will be like this
- E Everything changed overnight

- I It's a strange world
- N Not seeing classmates

- L Learning our school work at home
- O Online socialising to keep in touch
- C Coronavirus has mean't we all stay indoors

- K Keeping us from friends and family
- D Doing what we can to keep busy
- O One day we will see each other again
- W Wanting that day to come very soon
- N Now we stay happy, safe and well in our virtual worlds

Go 9JE!

Well done to 9JE who are trying really hard to complete their own challenges during half term as acts of kindness! What a great idea! Let us know how you get on!
Your challenge tasks are:

Each task needs to be done at least 3 times

1. Get up before 9 am
2. Make something to eat for someone else
3. Ask someone how they are feeling. If possible do this over the phone not just in a text. Be ready to be a good listener.
4. Make a drink for someone else
5. Help out around the house (complete a task)
6. Carry out an act of kindness (you can decide what this is)
7. Do something different you do not usually do - this could be related to a new skill.
Either 3 different ones or the same on 3 different occasions.

Congratulations!

Congratulations to Lucy Vodden for passing her Online Safety Certification!

Jayden Oliver, Year 11 wanted to cheer his friend up during these really tough times, so he spent around 20 hours creating this amazing masterpiece of someone that he knew that this person was very fond of. What a truly incredible and inspirational act of kindness and a spectacular example of how you can use your own talent to help others.

Bullying makes people feel:

Upset, Down,
 anxious, angry,
 jealous, embarrassed,
 lonely, worthless,
 angry, empty,
 conscious; suicidal,
 isolated.

Why do people bully?

They have problems of their own;
 They want to be popular in school;
 They want people to be scared of them;
 They don't like being less popular;
 They want people to be their friends;
 They feel insecure about themselves.

If you see someone being bullied,
 you should;
 Tell a responsible adult,
 Ask them what is wrong,
 Stick up for them against the bully,
 Advise the victim of what to do,
 bring your friends to them so they
 do not feel worried or lonely.

Kind of bullying:

Online - when people use the internet, a phone or other technology to harass, threaten, embarrass or target another person, cyber bullying. If an adult is involved in the harassment this is called cyber harassment or cyber-stalking.

Physical - is the most obvious form of bullying. It occurs when someone uses physical actions to gain power and control over the targets. Physical bullying tends to be bigger, stronger, and more aggressive than their peers. Examples are kicking, punching, pushing, slapping and others.

Verbal - use of words, statements, name-calling to gain power and control. Verbal bullies will use intention insults to belittle, demean, and hurt another person. They choose their targets based on the way they look, act or behave. It's also common for verbal bullies to target children with special needs.

Sexual - repeated, harmful and humiliating actions that target a person sexually. Examples include sexual name calling, vivid comments, horrible gestures, touching, pornographic images/videos or texts. In extreme cases, sexual bullying leads to sexual assault.

People are much happier when their care no problems, especially when they aren't being bullied.

SAY NO TO BULLYING!

disappointment cold-hearted
 arrogant dirty
 thick tramp lonely
 fat/obese ugly liability
 Fake meaningless

"The world would be a better place without you"
GET RID OF THESE WORDS!
 Be kind!

Need help in lockdown?

You could go to the [Rise Above website](#), which includes videos on daily challenges, co-created by young people, including the latest tips on how to feel good now we are all staying at home more. It is amazing! It includes resources such as how to help a friend:

How to Comfort a Friend in Need:



Words fail us all sometimes. We feel unprepared, unsure about what to say and instead of honestly acknowledging that, feel that we should say something to make things right. Here's our guide to giving comfort and meaning it:

What to do

Put yourself in the other person's place. It's called empathy. What would make you feel better? Probably just a kind smile, a warm hug, and simply saying, 'I'm sorry, I feel for you' will do the trick. Even just suggesting a walk together, with no set plan can be helpful.

What not to do

Don't try to offer advice, unless you've been through a similar trauma. Your friend needs to be listened to and have his or her pain acknowledged more than she needs to hear your words of wisdom. Even if you've been in a similar situation, never say, 'I know how you feel'. Everyone experiences a crisis in his or her own unique way.

Don't feel compelled to be cheery. This is not a time for compliments or empty reassurances, especially if you have no way of knowing what the outcome might be.

Don't put your own recovery timetable on someone else. Just because you think someone should be back to themselves, whether it's after breaking up with a boyfriend or the death of a loved one, comments like, 'It's time to get over it,' can be hurtful and won't help. It's not your place to say that.

Don't ignore what the person has gone through and talk about the weather to try to comfort a friend. If someone died, mention a fond memory. If someone is ill, ask how that day was.

Safe things to say

'If you ever want to talk, please let me know.'

'I spoke to my mum. She wants you to know she's available if you need a wiser me.'

'If you need to be alone right now, I understand. When that changes, just call... anytime.'

'You're one of my best friends. I care about you so much and feel so helpless right now. Ask me anything.'

Having Trouble Sleeping?

Take time this half term to explore simple tips for looking after your mental health using **Every Mind Matters**. This online tool offers a free, personalised action plan, approved by the NHS, providing specific advice for those currently looking after young people or working from home.

Having trouble sleeping? There have been various disruptions to our lifestyles over the past few months, so it's important we look after our sleep to help boost our mood, improve productivity and protect our wellbeing. Take a look at our [Top tips to get to sleep and sleep better.](#)

You could also check out this [Sleep resource](#) which helps you to explore the mental and physical benefits of sleep and provides tips on getting better quality sleep.

WELLBEING SUPPORT

Silvercloud is an online therapy tool, free to use for the next 12 months for all North Tyneside residents. It's available 24/7 on your computer, tablet or mobile phone. Online therapy is a proven tool to help you keep on top of your mental wellbeing and cope better if you're feeling stressed, anxious, having obsessive compulsive thoughts or struggling to sleep. For more information about our online therapy [click here](#).

How to access online therapy To access Silvercloud please complete our [online referral form](#) or call us on [0191 295 2775](tel:01912952775) to ask for CBT for Covid19.

Living Life to the Full – online resource for managing low mood, stress and anxiety and other advice. Go to <https://littf.com/> and enter code 'NHSStaff' for free access.

Get Active!

Attached is a May Half Term activity timetable that the team have put together for you to share with your families from PE North Tyneside.

Included are some simple ways to keep the young people active and focused over the half term break, providing ideas for each weekday. There are resources and ideas for each key Stage so will be useful for everyone to enjoy! Hope you have fun!