



MISS SHAW



Honesty • Excellence • Aspiration



MRS ROBINSON

We would like to introduce ourselves, we are Miss Shaw and Mrs Robinson and we sit in an area within the academy called “The Hub”.

The intention of the hub and our roles, is to provide drop in sessions, groupwork and 1:1 Emotional Health and Wellbeing support, for our students, on a referral basis. Another aspect of our role, is to support the Emotional Health and Wellbeing of our parents/carers and staff by offering helpful resources around services and self-care. This is the first Wellbeing Bulletin of this academic year and going forward we will be sharing a bulletin fortnightly via twitter and MyEd for your reference.

In each bulletin we will publicise support within school, share our fortnightly Parent Wellbeing Coffee Morning events and signpost you as parents/carers to key services that will support both your son/daughters and your own Emotional Health and Wellbeing.

In this week’s bulletin, you will find the following information:

- WORLD MENTAL HEALTH DAY – Monday 10th October 2022
- YOUNG MINDS - #HelloYellow
- WELLBEING PARENT/CARER COFFEE MORNING – Wednesday 12th October 10-12am
- OPTIMISTIC OCTOBER WELLBEING CALENDER



World Mental Health Week at Royton and Crompton



- On Monday 10th October 2022 it is World Mental Health Day. However, at Royton and Crompton Academy we will be continuing this throughout the week to raise as much awareness as possible.
- Throughout the week we will have activities and events happening for Students, Staff and Parents to get involved in. There will be activities all week in The Hub for students to drop in and get involved with.
- As a school we are getting involved the charity Young Minds and their #HelloYellow campaign. For the whole week the Wellbeing team and our student Wellbeing Ambassadors will be wearing yellow Young Minds t-shirts. This is to highlight the staff and students in the Wellbeing team and who are available for others to speak to.
- Our student Wellbeing Ambassadors will be completing surveys with students all week to get the Student Voice.
- We will be running an extended Coffee Morning in the Community Hub for parents/carers to pop in to discuss wellbeing and mental health with the team, Mrs Jackson, Mrs Robinson and Miss Shaw. It will be a 2 hour slot this week.



**WELLBEING PARENTS/CARERS COFFEE
MORNING**



As we are celebrating World Mental Health Day we will be running an extended coffee next week in the Community Hub, just outside the school gates.



YOUNG MINDS #HELLOYELLOW

STUDENTS CAN GET INVOLVED WITH #HELLOYELLOW BY WEARING YELLOW OUTSIDE OF SCHOOL AND PARTICIPATING WITH ACTIVITIES RUN WITHIN SCHOOL.



OPTIMISTIC OCTOBER CALENDAR

Optimistic October 2022

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together



WELLBEING THE E-ACT WAY

Eat well

Activity everyday

Connect with others

Treat others as
you wish to
be treated

