



16 December 2022

Dear Parent/Carer

**Canopy visuals, Christmas Spectacular, Parent Governor vacancy, North Hykeham Twinning Association, Reports published, Mock examination results – Years 11 and 13, Student wellbeing support over the break, Ice on lakes – staying safe, Green Christmas tips**

At the end of our Cultural Capital week, which has been very successful, we are at the end of a busy term. September seems like only five minutes ago yet a lifetime away as we have properly returned from the pandemic and begun to run fixtures, trips and performances again. Coupled with this, I hope you also enjoy our newsletter for this term which gives a fulsome update of many of our activities across the subjects, Houses and the wider Academy. Nevertheless, there are some further updates to give you below:

## **Canopy visuals**

Before we break up, I enclose visuals of our external canopies which will be installed in late January/early February prior to half term. These will provide valuable shelter in the rain as well as in the sunshine and represent the first phase of a broader project to ensure that outside shelter is a key feature as we continue to grow. Not shown in the visual are new benches that will be situated under the canopy in front of the Pit Stop caterpod for Years 10 and 11 to enjoy bistro style. We are really pleased with how the caterpods are being used after a few weeks on site and the feedback from the student body has been incredibly positive.

## **Christmas Spectacular**

Our Performing Arts team deserve real credit for a successful run of performances this week which catered to every taste as we celebrate the festive season as well as the talents of our youngsters. Thanks must go to Miss France and Mrs Lee who never fail to excite at times like this. It is clear that the Academy's reputation as a hive of activity and excellence for performing arts is well-deserved.

## **Parent Governor vacancy**

A vacancy has arisen on our Board of Trustees for a parent governor. Please contact Mrs Goffe via [agoffe@srpa.co.uk](mailto:agoffe@srpa.co.uk) for further details and an application form.

## North Hykeham Twinning Association

I have been approached by the Chair of the NH Twinning Association who is also a district councillor. North Hykeham's close relationship with Denzlingen will see our German counterparts visit the area from 1 – 5 September 2023. Whilst this falls on our training days and over a weekend which limits our ability to be involved as a school, the association is eager to hear from anyone willing to take part or to host any of their visiting delegates. For further information, please contact me directly at the Academy.

## Reports published

Reports for all years have now been published via Go4Schools. If you have any issues accessing your child's report, please contact us using the email address [go4schools@srpa.co.uk](mailto:go4schools@srpa.co.uk).

## Mock examination results – Years 11 and 13

On Monday of this week, our examination year groups received their mock grades. For Year 11 students, we are almost full in the sixth form for Year 12 entry next September but still have some places if existing students wish to apply but haven't as yet. Application packs are still available from the sixth form and careers hub at the Academy or via email using [sixthform@srpa.co.uk](mailto:sixthform@srpa.co.uk).

## Student wellbeing support over the break

Christmas can be a lovely time for children and families but, for some, it may not be the season to be jolly. As such, I enclose some resources from the Anna Freud National Centre for Children and Families which may support with self-care and in dealing with stressful situations.

## Ice on lakes – staying safe

I have been contacted by the local police after the sad news from Solihull in the past week about children playing on iced waterways/lakes. I have received reports of some local incidents where youngsters are engaging in unsafe and risky behaviours in the cold weather. Please be good enough to mention this to your child if they intend to go out with friends and play near local lakes etc. We definitely do not want a repeat of the incident in the news where young people have lost their lives.



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## Green Christmas tips

My final green Christmas tip is to reduce demand for physical gifts and purchase an experience. What about a family day out?

Our Green team will be ploughing on with the next stage of our Eco-Schools Award after Christmas and I will soon publish updates on our further progress.

Washington Irving once said that “Christmas is the season for kindling the fire of hospitality.”

After a long but fruitful term, I hope that you all manage to find some time with family and friends for a lovely festive break.

Merry Christmas and a Happy New Year from all of us at SRPA. 3 January is an INSET day so we look forward to seeing our students back at the Academy as normal on 4 January 2023.

Yours faithfully



**Mr D Hardy**  
**Headmaster**



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# Creating a self-care plan

For young people in secondary schools or college

Supported by



**Anna Freud**  
National Centre for  
Children and Families



**NOMINET**



**Just as we look after our physical health, it's important to look after our mental health. In fact, the two are closely connected.**

Most of us will know what it's like to feel worried, stressed or low from time to time. We might be affected by our relationships with friends and classmates or things we see on the news, and we might feel worried about school or our home lives. This is understandable.

So how should we manage when we're having difficult feelings? There are lots of things you can do to look after your own mental health and wellbeing. This booklet will give you some ideas of things you can try, to help you find what works for you.

It's important to remember that **it's okay to ask for help**. Sometimes we need the support and advice of others. If you feel like you need more help, please talk to a trusted adult or use the [AFC Crisis Messenger](#).



## What is self care?

Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing.

Everyone's approach to self-care will look different. What works for you might not work for others. There are lots of different self-care strategies so you can try out different ones until you find something that works for you. The main thing is to find things you enjoy. Playing football, listening to music, reading. Sometimes having a long bath can be relaxing. Whatever works for you.

1. There are over [90 self-care strategies](#) identified and written by young people on [On My Mind](#) so you can try out different ones until you find something that works for you.
2. Draw up a plan. Put aside some time every day for yourself and say what you will do.
3. Everyone has mental health. Talking almost always helps. Listening always helps others.



**Here are some ways people describe self-care:**

*"Something that refuels us, rather than takes from us."*

*"Eating well and getting enough sleep"*

*"Something you enjoy that allows you to escape whatever is troubling you. Make sure you do at least one thing you like every day."*

*"Self-care isn't a selfish act; it is rather about knowing what we need to do in order to take care of ourselves. I don't take enough care of myself, I won't be"*

*"You need to plan self-care. It won't just happen. Set some time aside to make a short plan."*





# Planning for self care

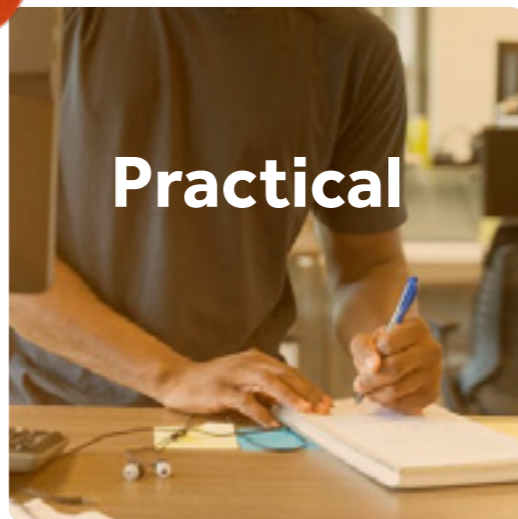
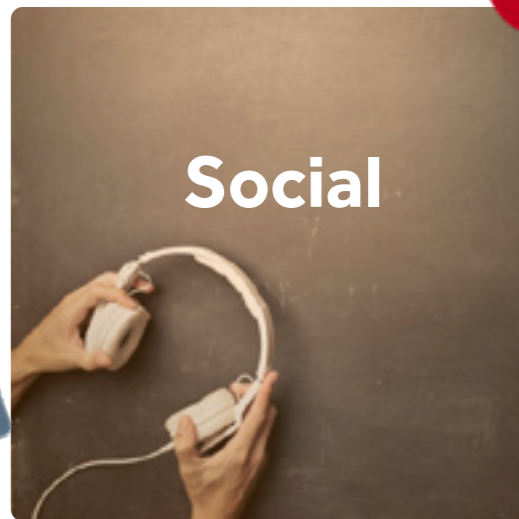
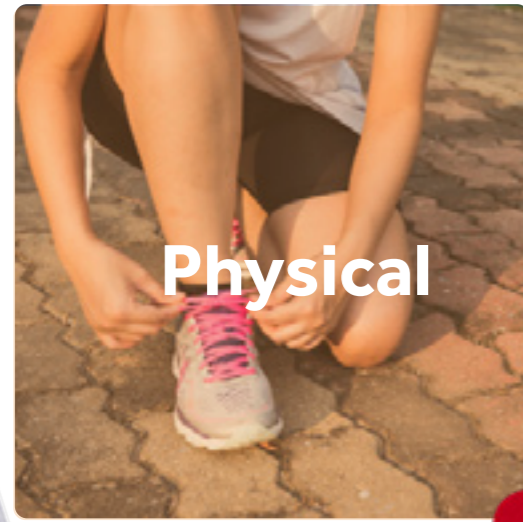
By creating a self-care plan you will be able to identify activities that you can use to support your mental health.

You can adapt your plan on a weekly or monthly basis depending on your schedule or priorities.

By breaking down your self-care approaches into different categories (physical, emotional, social and practical) you will be able to monitor and positively influence your wellbeing throughout your day.

We've included some activities that you may wish to try and included links so you can read how these activities have helped other young people when they feel low or anxious. If an activity works, keep doing it. If it doesn't, stop and try something else.

You may already have your own thoughts about what you'd like to try. It's up to you.



## Physical activities

Suggested physical activities

### 1. Eat a healthy diet

*"I think it helped as I was taking care of myself and swapping processed food for healthier alternatives gave me more energy, which allowed me to take up more hobbies and socialise."*

Read more about what young people have said about maintaining a healthy diet and [avoiding certain foods](#).



### 2. Try some relaxation techniques

*"The days can easily become busy and potentially be overwhelming, so having a few minutes in your day just to be aware of your breathing and become fully relaxed can calm the mind completely."*

Read more about what [relaxation techniques](#) young people recommend.



### 3. Time away from technology

*"You may think your phone is essential and without it there is nothing to do, but just see how it feels to take yourself away from it for a bit. It doesn't have to be for long but can make a whole lot of difference."*

Read more about how [time away from technology](#) can help your mental health and wellbeing.



### 4. Exercise regularly for 30 minutes

*"You can release any stress, anger or tension you have! Doing exercise is also refreshing and gives you time away from work, your phone or staying in doing nothing all day. Being active can help your mind and body to feel better!"*

Read more about the wellbeing benefits of [physical exercise](#), [walking](#) and [sport](#).



### 5. Dance

*"If you need to find a way to let off some steam or put yourself in a good mood, put on your favourite songs and have a little boogie in the living room. Even small movements make a big difference."*

Read more about how [dance](#) can help you manage your wellbeing.





## Emotional activities

Suggested emotional activities

### 1. Develop friendships that are supportive

*"Being with people who make you feel confident and good about yourself can really boost your mental health. Having a laugh really helps me to feel happier."*

Read more about the benefits of [spending time with supportive people](#).



### 2. Be kind to yourself

*"Self-kindness won't necessarily stop your thoughts or feelings from being difficult, but it might provide some small comfort in the midst of them."*

Read more about [self-kindness and self-compassion](#).



### 3. Write three good things that you did each day

*"I enjoy reflecting but often jump too quickly from one thought to another. Writing things down helped me to arrange my thoughts, and now I can go back and reflect on those thoughts."*

Read more about how [writing things down](#) can help manage difficult thoughts or feelings.



### 4. Talk to a friend about how you are coping

*"Ringing for a chat helps you get away from how you're feeling."*

Read more about [spending time with friends and the value of trusted relationships](#).



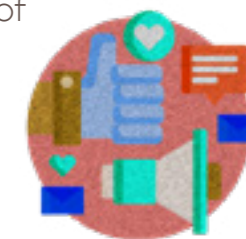
## Social activities

Suggested social activities

### 1. Talk to your friends online or find an online support group

*"Everyone communicates in different ways, and sometimes it can feel easier to talk about what's on your mind via an online chat. You may find this quieter and less pressurising than face-to-face conversation."*

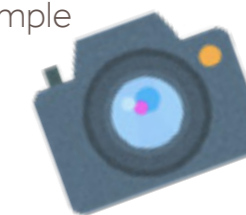
Discover a range of [online support groups](#) to help if you're feeling low or anxious.



### 2. Take part in a photography challenge with your friends

*"Photography allows me to look closely at things, and let myself see the beauty in tiny little things. If I don't have a camera with me, it is easy to walk fast and stay stuck inside my own head, but if I have a camera, I start looking out, dragging me out of my own head."*

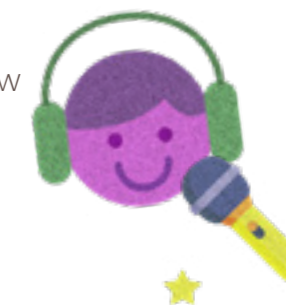
Read how [photography](#) can help your wellbeing including some simple tips for taking a good photo.



### 3. Create a playlist with your friends

*"I think it helped because it removed me from the issues which were bothering me. I was able to just enjoy the music rather than having to think about anything else."*

Read about how [music can lift your mood](#).



### 4. Join a local youth group

*"Finding a group of people with similar interests to me really helped my confidence and helped me make new friends."*

Read how [joining a youth group](#) has helped other young people.





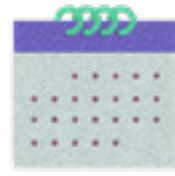
## Practical activities

Suggested physical activities

### 1. Organise your day

*"Writing a list and organising yourself will help to prevent stress. I like to write all of the big things I have to complete on a piece of paper and it makes them feel so much smaller."*

Read how [organising your day](#) can help your mental health.



### 2. Try to get showered and dressed each morning

*"It gives you the best foundation to feel good...little things you sometimes forget to do when you're feeling bad...have I drunk enough water today? Have I brushed my teeth? There's apps that help you to remember all those basic things that are important but often go out the window when I'm feeling rubbish."*

Read advice from other young people about [maintaining personal care and hygiene](#).



### 3. Set some goals for the future

*"Goal-setting can give you some extra motivation and encouragement, if you feel you need it. It may also help with your daily routine, giving you something to work towards to get you through the day."*

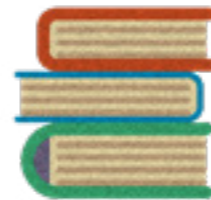
Learn more about how to set [achievable goals](#) especially if you are struggling with your mental health.



### 4. Create a revision timetable

*"Just make sure that you don't push yourself too hard or stress yourself. But do take time to research things you enjoy too-not just your school work!"*

Discover more about creating a [revision timetable](#) and managing stress at moments such as exam tests or results.



### 5. Learn a new language or skill

*"I have found learning British sign language to be a great distraction when I'm feeling low or anxious. Learning something new gives me a great feeling of accomplishment."*

Read more about how [learning languages](#) or [new skills](#) can help your wellbeing.



## Chosen activities

### Physical

Chosen activities:

1.....

2.....

3.....

### Social

Chosen activities:

1.....

2.....

3.....

### Emotional

Chosen activities:

1.....

2.....

3.....

### Practical

Chosen activities:

1.....

2.....

3.....



1. What are the main things that cause you worry, stress or anxiety?

2. Have a look at these [self-care tips](#). Which five could you try?

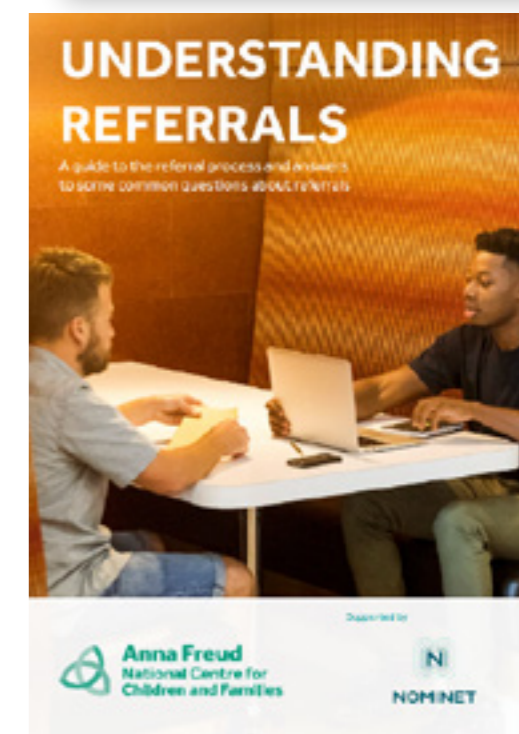
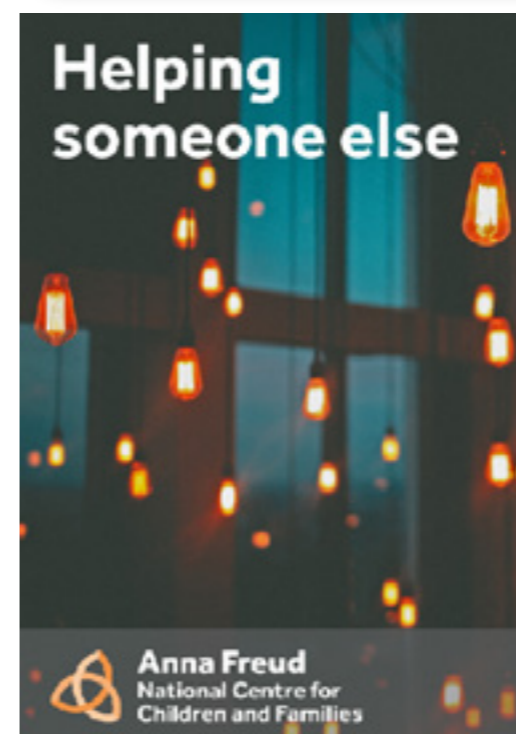
- 1.
- 2.
- 3.
- 4.
- 5.

3. Are my activities balanced?

4. Will anything get in the way of these activities

5. Everyone has mental health. Talking almost always helps others. Who can you talk to if things get too difficult?

## Other resources for young people



View and download these for free either by clicking on the images above or by visiting: [www.onmymind.info](http://www.onmymind.info)



# Where can I find support?

If you or someone you know needs help right now, you should, if possible, try to talk to a parent or carer or a trusted adult such as your GP.

If talking to an adult is not possible, you can find a list of organisation which offer 24 hour support by text, email and phone on our [Urgent Help](#) page or below:

## Do you need help right now?

The [AFC Crisis Messenger](#) text service provides free, 24/7 crisis support for young people across the UK

If you are experiencing a mental health crisis and need support, you can text **AFC** to **85258**.



**childline**


Call: 0800 1111  
[email](#) | [online chat](#)

**SAMARITANS**

Call: 116 123  
[email](#) | [visit](#) | [write](#)

**Emergency Services**

Call: 999

 **Anna Freud**  
National Centre for  
Children and Families

**shout**  
for support in a crisis  
[text 85258](#)

# In crisis? Need support?

**24**  
hours a day  
**7**  
days a week

**Text AFC to 85258**

## Text the free, anonymous crisis textline

All texts are answered by trained volunteers,  
with support from experienced clinical specialists





DENZLINGEN



NORTH HYKEHAM

## *North Hykeham Town Twinning Association*

**Chairman – Richard Johnston**

8 Waterloo Lane  
Skellingthorpe  
LINCOLN  
LN6 5SL  
Tel. 01522-851461

Twinning Website:- [http://www.northhykehamtowncouncil.gov.uk/The\\_Hykeham\\_Twinning\\_Association.aspx](http://www.northhykehamtowncouncil.gov.uk/The_Hykeham_Twinning_Association.aspx)

## INTRODUCING OUR TWIN TOWN

North Hykeham has been twinned for the over years with Denzlingen, a small market town situated a few Kilometres North of the beautiful and historic Cathedral City of Freiburg and just South of Newark's twin town of Emmendingen. Located on the edge of the Black Forest, and adjacent to the Rhine valley, it is close to both the Swiss and French borders. The area is famous for “Schwartzwalder Kirschtorte”, better known to us as Black Forest Gateau and once you have tasted the authentic article you will never quite enjoy a British supermarket version in the same way!! As well as cuckoo clocks, the climate allows production of both red and white wines. The Black Forest is a mountainous area full of small towns and villages



and is rightly famous as one of the most picturesque areas of Germany. The towns across the Rhine in

Also in friendly association with Denzlingen's other twin towns:-  
Citta Dell' Pieve (Italy), St. Cyr Sur Mer (France), Konstancin -Jeziorna (Poland)

France in the Alsace region are also well worth a visit as is the Swiss City of Basel, also location of the regional airport.

Unlike many twinning arrangements, the twinning between North Hykeham and Denzlingen is not just based on visits between Councillors, or commercial links but on family friendships. Visits take place, usually in the Summer months with North Hykeham families travelling to Denzlingen one year and those from Denzlingen coming here the following year. In addition to these visits, the North Hykeham Town Twinning Association organises various social events for members during the year as well as having occasional guest speakers at our regular monthly meetings. All members participate in decision making although there are a small number of elected officers who undertake the practical running of the Association.

During the exchange visits, guests are looked after by host families who provide free accommodation and most meals. Other meals are usually arranged at the cost of the respective Twinning Associations in North Hykeham and Denzlingen. A programme of visits and events is always planned and when there is a “free” day in the programme, hosts usually take their guests shopping, to places of interest not covered in the main programme, or to meet other members of their families. This results in close personal friendships and cultural links being developed – the central point of our twinning.

Denzlingen is also twinned with the French seaside resort of St. Cyr sur Mer near Marseilles, the Italian hilltop town of Citta Dell' Pieve, and the Polish community of Konstancin-Jeziorna just outside Warsaw, (the self-styled “Polish Beverley Hills” and home to many of Poland’s top actors, musicians and artists). Through our twinning with Denzlingen, North Hykeham residents have visited these other communities and established links with them too. Twinning can open up a world of travel, not just based on major tourist attractions but on experiencing the life that ordinary people live.

By the way, don't worry about language problems in Germany as most hosts speak very good English, (although a little effort will go a long way!)



Meersburg on the shores of the Bodensee (Lake Constance)



A view from high in the Black Forest

For more information, just contact the Chairman at the address overleaf.

**Also in friendly association with Denzlingen's other twin towns:-  
Citta Dell' Pieve (Italy), St. Cyr Sur Mer (France), Konstancin -Jeziorna (Poland)**





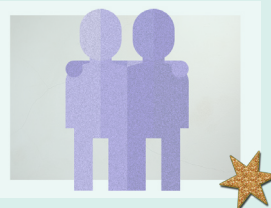
**1 Spending time alone:**

Sometimes it can feel like there is a lot of pressure during the holidays to entertain your loved ones and participate in games and discussions. Don't forget that it is always okay to take some time, relax, and do something just for you.



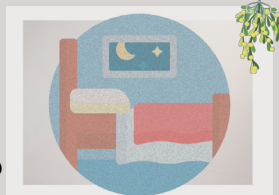
**2 Spending time with supportive people:**

Whether it's a loved one or a volunteer, we all need someone to support us when we are low. Follow your instincts; if you can relax and be yourself with them, chances are they are supportive.



**3 Sleep:**

Sleep is often one of the first things to slip when we are busy, stressed or anxious. If you can, think of the holidays as a chance to recharge your batteries and get your energy back up for the new year. You deserve a lie-in!



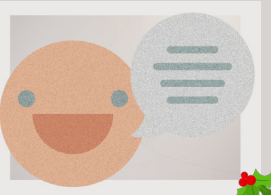
**4 Sharing your feelings**

We understand that, for lots and lots of people, the holidays are a really difficult time. The 'merry' Christmas we all wish for each other isn't always a reality, so, if you feel like crying, that is totally fine. Sometimes this feels much better than hiding how you really feel.



**5 Self-talk:**

Positive self-talk can help us feel more confident and challenge the negative thoughts that harm us. For example, if you feel self-critical, think about how you would reassure a friend in a similar situation, then apply that to yourself.



**6 Seeking help:**

Our urgent help page has information on who you can call over the holidays. Remember, if you need help then you deserve to get it. Asking for help when you need it is a really brave step and an important part of self-care. You can find all our mental health resources at [onmymind.info](https://onmymind.info).







# Young People's Well-being Guide for Stressful Situations

**The  
Children's  
Society**

Young people's guide

# Advice, ideas and tips from young people

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**The Children's Society has been researching young people's well-being for more than 15 years and over that time we've surveyed more than 39,000 young people on how they feel about their lives.**

It's only by hearing directly from young people like you can we actually know what's going on, and work out how best to support people who might be struggling.

Every year we publish what we learn from young people in our Good Childhood Report, which you can find at **[childrensociety.org.uk](https://www.childrensociety.org.uk)**

This year we wanted to know what helped young people cope with the coronavirus pandemic and lockdown. To understand

this better, during spring 2020 we consulted with young people aged 8 to 19 across the country, in schools and in youth clubs. We asked them what advice they would give to other young people on how to cope – and that advice is shared in this guide.

The young people we spoke with described lots of things that helped them cope and supported their well-being during the lockdown. The advice they gave could be useful in other stressful situations.

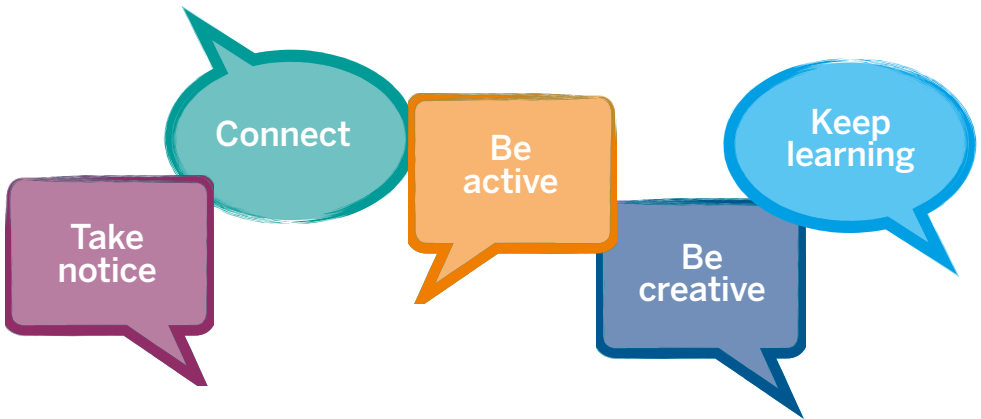




# Five Ways to Well-being

In 2014 , we worked with an organisation called New Economics Foundation (NEF) to find out what children and young people can do to support their own well-being. This led to us coming up with the Five Ways to Well-being.

The Five Ways to Well-being are:



From what young people told us it is clear that there are many different ways that they cope in stressful situations. Things that may work for one person don't always work for another.

Some young people said that exercising helps, some young people felt that their own situation made it difficult to do things, whilst others were unsure.

*'To be honest I am pretty introverted so I have no idea, maybe play games or something new.'*



## *'Doing things you enjoy.'*

*If you find yourself worrying about the current situation or of what is to come, try to distract yourself with things to do. This could be baking, watching Netflix, TV, drawing, painting, crafting, FaceTiming friends, board games, quiz nights, self-care e.g. exercise, a walk, skin care, a bath or just simply eating some snacks you enjoy while playing a game on your phone.*

*These are the little things we enjoy that we usually don't have time to...'*


Young person

# Reflection activity

Before you continue, you might like to fill in this space with your own thoughts, ideas, drawings etc about what helps you cope in stressful situations or when you are feeling a bit low?

A large, empty rectangular box with a dark, hand-drawn border, intended for a reflection activity. The box is centered on the page and occupies most of the lower half of the page.



The image features a high-contrast, low-key photograph of two young people on a staircase. They are shown in silhouette against a bright, warm yellow background. The person in the foreground is wearing glasses and holding a smartphone. The person behind them is partially visible. A dark metal handrail runs diagonally across the frame. The overall mood is contemplative and modern.

Advice from  
young people

# Connect

Connecting with others is important for well-being. Young people told us how important it is to stay connected. Some examples they gave of staying connected are:

- Staying in touch with friends
- Speaking to family
- Speaking to a trusted adult
- Seeing people face to face
- Seeing people online  
e.g. FaceTiming/video calls,  
texting and using social media
- Talking through problems/  
sharing how you're feeling
- Supporting each other

*'Talking to a trusted adult.'*

*'If you can try and FaceTime as often as you can with your friends because personally it really comforts me. It isn't the same as seeing them in person but you are still seeing them.'*

*'Contact with other people. Hiding away and not interacting is the worst thing. You should definitely go out at least once a day even just to the front door because it makes so much difference.'*

*'Be vocal about your problems. Don't be scared to say stuff to people around you.'*



*'Keep in touch with your friends and be more social around the house. Play games with your family and spend time with them. Value the time you have with them, and don't be in your room all day as that can affect your mental health.'*

*'Talking to your friends regularly, either on the phone, video call or by texting.'*

Friends are an important part of connecting, you can find a Young Persons Guide to Friendship on our website. [childrenssociety.org.uk/good-childhood](https://childrenssociety.org.uk/good-childhood)



# Be Active

Being active and looking after our physical health are just as important as looking after our mental and emotional health – and the two are connected.

Young people told us how much staying active indoors and outdoors, and finding things they enjoy, helps them. The activities they mentioned they enjoyed included:

- Walking
- Running
- Cycling
- Keeping fit
- Trampolining
- Being outside
- Going to parks

*'Please don't look at your phone all day. I sound like a mum or dad saying this, but it's bad for your mental and physical health. Get fresh air! We have gardens and pavements and parks for a reason!'*

*'Exercise and being outside helps more than I realised.'*

*'Don't sit on social media all day, do things with family and go out for a walk.'*

*'Try and do a new thing every day, exercise, talk to friends. Don't sit around doing nothing all day because that leads to laziness, low energy levels and unhappiness.'*

*'Keeping active, running, cycling, going on the trampoline.'*



# Be Creative

Sometimes it's important to be creative and do things just for fun. Some of the things young people told us they enjoy included:

- Gaming
- Playing an instrument
- Doing more creative stuff
- Drawing
- Reading

*'If they have an Xbox or PC they should get on and play because it really helps when you're bored and it's time consuming.'*

*'I've been trying to do more creative stuff with the time I have.'*

*'I've gone back to lots of hobbies that I ran out of time for with college and stuff but drawing is a big one that I started doing again. I stopped doing that for like a year, and reading I stopped doing*

*for a long time and I started doing that again as well.'*

*'I went back to an old hobby that I haven't done for a while - playing guitar. I haven't played in like over a year or something like that. So I'm really happy that I'm doing it again.'*

*'I have been developing a comic for ages, but I've never had the time because of all the school stuff to actually start doing it, and I've finally got around to doing that. And also, I kind of already started doing this beforehand, but the pandemic gave me the time to sit down and finish a bunch of costume stuff too, so that was cool.'*

# Keep Learning

As well as being fun, learning new skills or hobbies and challenging yourself can be really positive. Young people told us they had started to learn new things like:

- Baking
- Languages
- Playing a musical instrument or creating music
- Starting a project
- Starting a new hobby

*'Actually been practicing with my mum to do cooking - new hobby for me.'*

*'Get a new hobby or learn a new skill.'*

*'I would say to try new things such as a new hobby like learning to cook/bake or a new musical instrument.'*

*'A big thing is definitely have a project to do. I know that not everybody can do a project or find the motivation for it, but I have a friend who was having a really hard time with this until he got a project to do and now he's much more chill, his mental health's in a better place. I've been having my projects that I've been doing. I think if I didn't have those I would be a bit lost, plus I still have schoolwork to do.'*



*'I've been trying to learn German for a while. I've started focusing in on that and doing a lot more of that. I probably should take up some of my old hobbies - so I might take a look at that actually.'*

*'To have a new task every day. This will therefore motivate you through the day.'*

*'Find something to do that you have a passion for.'*



# Reflect/Take Notice

Young people told us it is important to have time or space to think and take notice of how you feel. This might mean taking a break from being busy.

*'Don't dwell on being sad. Study. Write your feelings down in a diary.'*

*'Stay hopeful and positive as much as possible and if you are feeling down let yourself be upset for a while and then work to try and be happy.'*

*'Ask for help if you need it. Take time to relax and chill out.'*

*'Make sure you're checking in with yourself and your friends. Make sure that you're trying to do things that keep you mentally sane because it's so weird, everyone's saying it's a weird time, and it is. So it's good to check in with yourself, like do some meditation, do some journaling, call a friend that you haven't spoken to for a while and just try and stay as present as you can.'*







# What else helps?

Alongside the Five Ways to Well-being, young people talked about other things that helped. It is not always one thing, it can be a mixture. Some young people found that creating a plan of ideas and activities helped.

*'Digitally stay in contact with as many people as possible, it is good to hold communication for your mental health. Try and use the time to improve yourself by studying, exercising, or taking up a new hobby to pass time.'*

*'Keep yourself busy, keep up with schoolwork and exercise and try not to get bored, otherwise you start to think about the bad things in life.'*





*'Have a plan on how to fill your time and make good use of it while you are at home.'*



*'I would say make some structure. So I just went into pure chaos, time was an illusion and nothing ever happened until I started doing the morning sessions at [club] and that gives me a time to wake up, a time to go and talk to people and now I have a billion alarms set for every single task that I have to perform every day. It's about creating a structure, a thing that you do that marks the beginning and end of a day and the beginning and end of a week and that's what's helped me.'*

*'Keep busy and active. Put a timetable together to help with schoolwork and deadlines so you don't get mixed up.'*

*'Maintaining hobbies and things like that. That's what has helped me the most, even if it's just a five minute walk or you just go to the corner shop to get some loo roll or whatever. I think it's just important to get out, like I'm lucky because I have a park opposite my house, and we go for a walk there every day. And if there are other people in your house, try and socialise with them - I know you're with them all the time but it's important to have that physical social interaction as well as the social interaction over the internet.'*

*'Keeping a routine and having a project, because without any of those things I'd be totally lost because I don't actually have any school at the moment... Like [club] has been so helpful for me for keeping my sanity because it's really difficult at home for me sometimes and just having people who understand, people who are queer who I can reach out to and do social things with pretty much every single day has been the best thing, so I would be lost without it. So, I'd encourage people to look out for their local youth groups as well that have now moved online.'*





# Reflection activity

After reading the ideas in this guide, you might like to use this space for your own thoughts about new ways to support your own well-being, or things that you will keep doing.

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# Who can help?

Everyone struggles with their well-being at some point, especially in stressful situations. If you are feeling low it is important to ask for help. This could include finding someone you trust and looking through this guide together, or talking about things you'd like to try to support your well-being.

If you'd like more help you can visit our advice hub for more information:

**[childrenssociety.org.uk/advice-hub](https://childrenssociety.org.uk/advice-hub)**

or contact Childline for free by calling **0800 1111**

or visiting their website **[childline.org.uk](https://childline.org.uk)**





**Every young person should have the support they need in order to enjoy a safe, happy childhood.**

That's why we run services and campaigns that make children's lives better and change the systems that are placing them in danger.

The Children's Society is bringing hope back to children's lives.

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