

February 2025

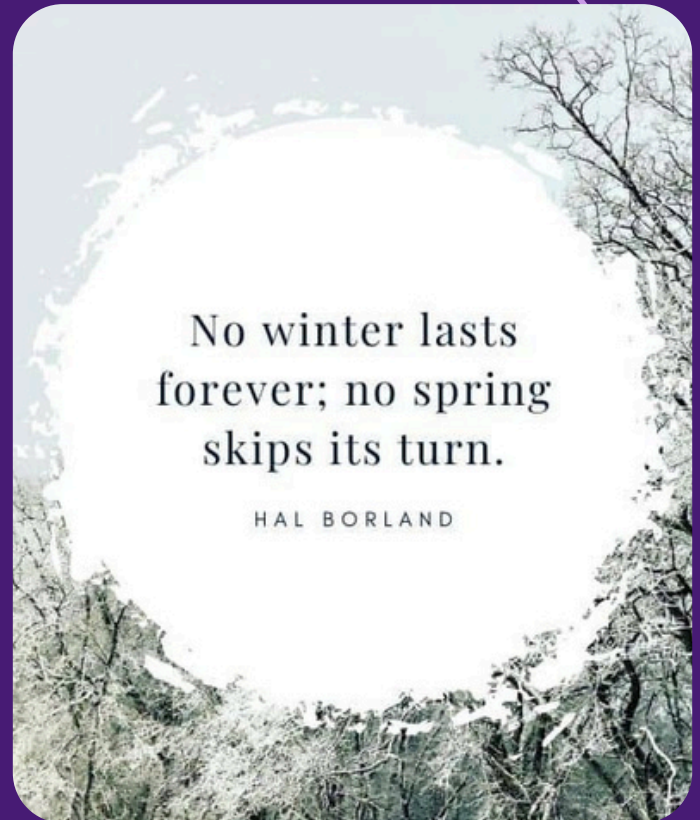
Wellbeing Wednesday

Deer Park School

Welcome to the newest edition of our Deer Park monthly Wellbeing Newsletter - Wellbeing Wednesday.

Please make the most of the extra few minutes of daylight each day brings and enjoy everything this month's Wellbeing Wednesday has to offer.

As we move through Winter and say goodbye to January, it is as important as ever to keep wellbeing at the front of your mind!



wecare@deerparksecondary.org



Friendly February 2025

MONDAY



3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

24 Tell a loved one about the strengths that you see in them

TUESDAY



4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

25 Thank three people you feel grateful to and tell them why

WEDNESDAY



5 Make time to have a friendly chat with a neighbour

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

26 Make uninterrupted time for your loved ones

THURSDAY



6 Get back in touch with an old friend you've not seen for a while

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

FRIDAY



7 Show an active interest by asking questions when talking to others

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

28 Give positive comments to as many people as possible today

SATURDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today

SUNDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise



ACTION FOR HAPPINESS

Happier · Kinder · Together



TOP TIPS FOR CHILDREN AND YOUNG PEOPLE

Place
2Be

1 Be curious about your emotions

You're fascinating! Take notice of your emotions and thoughts, either as they come up or maybe later on that day. You can use techniques like meditation or journaling to help you make sense of what is going on inside of you.

2 What matters most

Our values are often what make us tick, so reflect on what really matters to you. Are you ambitious, funny, kind, creative? Similar to Riley, our beliefs can evolve as we grow older and have new life experiences. If you're feeling lost or confused, take a moment to think about what drives you. It may help you understand yourself better and make choices that feel right for you.

3 Feedback, feedback, feedback

Other people we know can often see things about us that we miss. Sometimes these can be areas for us to develop and sometimes they can be our strengths. Either way it's great to have a friend, family member or teacher that can help us with our blind spots

4 Get creative expressing yourself

Creativity can often help us express emotions and show parts of ourselves that are sometimes hidden. If you are feeling blue like Sadness, painting might help. If you are feeling bright and happy like Joy, song and dance could be the creative outlet for you. Whether it's painting, music, dance, drama or something else, find your creative outlet and share it with others.

If you're a young person struggling with any kind of mental health worries, reach out in a way that suits you. From speaking to someone or grabbing some info, to webchat or text, there's people ready and waiting to help [Here4You.co.uk](https://www.here4you.co.uk)

We have lots of wellbeing activities this week to get involved with...

Mindfulness colouring	Monday Break 1 + 2	Room 112
Games, puzzles + activities with St Johns and St Lukes	Tuesday Break 2	Room 001
Gratitude journaling	Wednesday Break 2	Room 107
Singing	Thursday Break 2	Music Room
Mandala making	Friday Break 1 + 2	Room 112

PRACTICE KINDNESS TOWARDS YOURSELF

Self-compassion and kindness towards oneself is really important; it benefits our physical, mental and emotional wellbeing. It's not always easy being kind to ourselves or putting our needs first but with practice this will help you to feel healthier and happier.

Here are some ideas of self-care activities to practice. See if you can practice every day of Mental Health Awareness Week and hopefully by the end of the week you will want to build it into your everyday routine.

- Have a bath or shower every day.
- Make sure you have breakfast every day.
- Limit the amount of time you spend on your phone / using social media.
- Connect with friends.
- Let someone know / ask for help if you are struggling.
- Spend time doing a hobby or interest that you haven't done for a while.
- Have an afternoon / night off from studying.
- Spend time doing activities that help relax you (e.g., listen to music).
- Get some fresh air or gentle exercise.
- Tidy and sort out your room (clean and organised spaces can help make us feel calmer).
- Go to bed early and get a good night's sleep.
- Access self-help if you are struggling www.hampshirecamhs.nhs.uk
- Make yourself a self-soothe coping box; <https://youtu.be/OyfgodSSdV>
- Create a daily routine; get up and go to bed at similar times every day.
- Plan things to look forward to.
- Write down how you are feeling (e.g. diary, blog).
- Set yourself some goals to achieve (make sure they are realistic and achievable).
- Make a positive board; things that make you smile, motivate you or that make you feel good.
- Spend time with a pet.



Safer Internet Day 2025





Tuesday
11 February

Coordinated by the UK Safer Internet Centre

saferinternetday.org.uk

Safer Internet Day 2025 is on
Tuesday 11th February.
The theme is 'Too good to be true?
Protecting yourself and others from
scams online'.

Top Tips

-  Protect your accounts with strong and separate passwords.
 -  Carefully consider online purchases, including the reliability of the seller.
 -  Look for clues that someone or something may not be genuine online.
 -  Reporting scams can help keep you and others safe.
-

Scams To Look Out For

- Fake giveaways and ticket scams:
- Its safest to stick to official brands with verified accounts - always check whether the accounts match if you receive a message.
 - Only buy through an official resale app.

Online financial sextortion:

- A type of blackmail where someone threatens to share nude images unless the victim agrees to their demands (e.g. sending money).
 - It is against the law to make, possess or distribute indecent images of someone under 18.
 - Always take screenshots and report straight away.
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Staying healthy through Winter

Stay hydrated

Drinking plenty of water will help to protect your skin from drying out in the cold air and flush out any toxins.



Sleep

Some studies have found that we need more sleep than usual in the winter months, not getting enough sleep has an impact on both physical and mental health.

Try keeping a consistent bed time, even at weekends, to ensure you get the full 8 hours and remember screen time should stop an hour before sleep!

Wash your hands

Good hygiene is more important than ever in winter to stop the spread of germs. Remember to use soap and warm water, and wash your hands for at least 20 seconds.



Healthy eating

Fruit and vegetables contain lots of helpful vitamins and antioxidants which help to boost your immune system. For example, Oranges and broccoli are high in Vitamin C, while Ginger can help reduce inflammation.



Vitamin D

Vitamin D helps to keep your bones and tissues healthy, preventing fatigue and weakness. We can get vitamin D from the sun which can be an obstacle on those dark winter days, so why not try wrapping up warm and going for a walk.



Visit our website www.deerparksecondary.org/well-being/ for more ways to support your physical and mental wellbeing.



Young Carers

An important aspect of our pastoral support is for young carers.

These students take on caring responsibilities at home due to family members having long term medical or personal problems. This can significantly impact on their daily life and presents a number of challenges in fulfilling the expectations and demands of school.

We encourage and support young carers by inviting them to clubs, events and on a number of trips that can build friendships, broaden life skills and foster career aspirations.

We also offer a drop in session in room 202 with Mrs Brenton every Friday during Break 2.



Drop in!

When?
Friday Break 2
Where?
202



Safe Haven Southampton



**Out of hours support for young people aged
11-25 and experiencing crisis with their
mental health**

- Emotional and practical support in a safe, calm space to help you explore your current situation
- Open access drop-in sessions
- Face-to-face, online & telephone appointments available
- Brief interventions to signpost and refer you to other sources of support
- Supporting you with skills and resources to help you to improve your mental health

**Mondays
Ages 15-25**

Drop-in session
4.30pm-5.30pm
One-to-one sessions
6.30pm-8pm
(by appointment only)

**Fridays
Ages 11-14**

Drop-in session
4.30pm-5.30pm
One-to-one sessions
5.30pm-7pm
(by appointment only)



No Limits Advice Centre, 13 High Street
Southampton SO14 2DF



Call 07918 259 365 to book a one-to-one appointment



Scan to find
out more

www.nolimitshelp.org.uk

enquiries@nolimitshelp.org.uk

No Limits (South) is a registered charity in England and Wales. No. 1088835

FREE



Wellbeing Walk In

4pm-5pm

Every Wednesday

for 11-25yr olds

@ South Downs
Social Cafe, Kings
Walk, Winchester

- Arts & crafts / games
- Free drink / chill out space
- Signposting information
- Chat to one of our counsellors



What: Wellbeing walk-in. Join WYC for a drink and a chat with a BACP registered counsellor. Take part in mindful activities and enjoy some time out.

When: Every Wednesday 4-5pm.

Where: South Downs Social Bike Cafe, 3-4 Kings Walk, Winchester, SO23 8AF (Upstairs)

For more info:

 winchyc.org

 01962 820444

 katy@winchyc.org



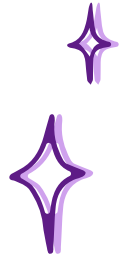
Self Help Sites



shout

85258

here for you 24/7



Giving hope to grieving children

