



## Our First Newsletter of 2021 First Edition

St Nicholas Catholic High School embraced Virtual Learning



### Welcome to our Memo

Welcome to the first Learning Mentors Memo of 2021. We have again all found ourselves in unprecedented times, unable to spend time together as a community. The Learning Mentor team are so pleased with how amazingly well you are all coping, but to help we wanted to give you some useful hints and tips to help you to keep a positive mindset. In this weeks memo you will find pictures of your Learning Mentor team (We are all still here) along with some key pieces of information, including useful contact details to further support your wellbeing. The team are so excited to be able to focus on Mental Health Awareness week next week so please do keep attending your form time activities. This years theme is 'Express Yourself'. A reminder to check out the St Nicholas Twitter page where you will see different challenges each day to help promote positive Mental Health, feel free to share how you have been expressing yourself on our twitter page. Have an excellent weekend and remember to 'express yourself'.

**GENTLE REMINDERS:**  
FOR WHEN THE WORLD FEELS FRIGHTENING

©THEMINDGEEK©

- SET BOUNDARIES WITH WHAT + HOW MUCH MEDIA YOU CONSUME
- YOU'RE ALLOWED TO OPT OUT OF OVERWHELMING DISCUSSIONS
- TRY TO RESPOND TO THE FEARS OF OTHERS WITH UNDERSTANDING + RESPECT
- FOCUS ON THE MANY THINGS YOU CAN CONTROL
- BE MINDFUL OF WHEN IT'S BECOMING MORE THAN JUST 'BEING INFORMED'
- BREATHE, CONNECT + TAKE GENTLE CARE OF YOURSELF + OTHERS

### Your Learning Mentor Team



**Ashley Evans**  
Team Manager



**Paul Barratt**  
Year 7 Mentor



**Nicci McLaughlin**  
Year 8 Mentor



**Lucy Smedley**  
Year 9 Mentor



**Jodie Booth**  
Year 10 Mentor



**Craig Hamilton**  
Year 11 and Sixth Form Mentor





## Time to Talk Day

The 'Time to Talk Day' campaign encourages everyone to break down barriers and help change attitudes, by talking about mental health. Talking about mental health doesn't have to be difficult. Time to Change has free, downloadable Time to Talk Day resources.

[www.time-to-change.org.uk/get-involved/time-talk-day](http://www.time-to-change.org.uk/get-involved/time-talk-day)



## Mental Health Awareness Week

**1<sup>st</sup> February to 7<sup>th</sup> February**

Join in with thousands of other students in the UK celebrating Mental Health Awareness Week. Remember to always

**'Express Yourself'**

## Top Tips to help improve your Mental Health

### Keeping Well Indoors

We know it's tricky to get out and about as often as we'd like due to the pandemic, however there are small steps that you can take to make sure you are keeping yourself well when indoors.

### Let the daylight in

During the daylight hours, make sure to keep your blinds/curtains open as much as possible. This reduces the production of the sleep hormone and make us more prepared for the day.

### Keep a routine

Aim to keep your daily routine as much as possible. Engage with your remote lessons and use phone calls and FaceTime to connect with people. Getting up at the normal time and getting dressed ready for your day ahead really helps too.

### Get a good night's sleep

Getting a healthy amount of uninterrupted sleep is key. Research has shown that sleeping too much can leave you feeling lethargic.

### Do things you enjoy

Do something enjoyable every day, having a hobby, or enjoyable activity is key to maintaining positive wellbeing especially when we are stuck indoors.

[www.happyoksad.org.uk](http://www.happyoksad.org.uk)

Helping to Promote Positive Wellbeing

### Useful Contacts and Resources:

<https://youngminds.org.uk/>

<https://giveusashout.org/>

Shout is the UK's first free, confidential, 24/7 text support service, a place to go if you're struggling to cope. Shout supports students with anxiety, depression, suicidal thoughts, relationships, bullying or if you're feeling overwhelmed.

**TEXT: SHOUT to 85258**



**Your Learning Mentors are available.**  
**Email: [drop-in@st-nicholas.cheshire.sch.uk](mailto:drop-in@st-nicholas.cheshire.sch.uk)**

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