



# MENTAL HEALTH



## Mental Health Week

This week is mental health week, and the theme is movement.

### Physical activity is good for our mental health because

- It releases endorphins in the brain.
- It helps to relax the muscles and relieve tension in the body.
- It can reduce stress and symptoms of mental health conditions like depression and anxiety.
- It can help with recovery from mental health issues.
- It can improve your sleep, which is important in many different ways.

Here at St Bede's Catholic voluntary academy, we have arranged mini activities for our students over break times, to encourage physical activity.

## Young carers

At St Bede's Catholic Voluntary Academy we work hard to support our young carers.

A young carer is a person under 18 who regularly provides emotional and/or practical support and assistance for a family member who is disabled, physically or mentally unwell or who misuses substances.

If you need extra support or feel you know someone who is a young carer please see the following link.

There is also further support on the school website.

The young carer team is -

Operational lead- Mrs Frost

Ms Busk

Mrs Jackson

External support

Tracey Abrahams Porter-Young carer team

Emer Magee- With me in mind EMHP



<https://carers.org/downloads/help-and-advice-section/knowyourrights.pdf>



**MENTAL  
HEALTH  
AWARENESS  
WEEK**  
13-19 MAY 2024



## Diary Dates

2024

Friday 24th May  
Feast of St Bede Fayre  
3.05pm School Closed Half Term

Monday 3rd June  
Schools reopens for pupils

Tuesday 4th June  
North Linc Quad Kids  
Quibell Park

W/C Monday 17th June  
Year 10 mock examinations

Wednesday 19th June  
Geography Field Visit

Monday 24th June  
Year 8 vaccinations

Tuesday 25th June  
NLC Taster Day  
Year 7 Consultation

Wednesday 26th June  
Humber Quad Kids - Costello

Thursday 27th June  
Sports Day



Lay chaplain apprenticeship.

There is an exciting opportunity for a suitable applicant to undertake the role of Lay Chaplain at St Bede's. This also involves working with young people in our feeder primary schools. The apprenticeship is in partnership with St Mary's University. If you are interested full details can be found at:

[Lay Chaplain Apprenticeship - Oscar Romero Hub - Based at St Bede's | Our Lady of Lourdes Catholic Multi Academy Trust \(ololcatholicmat.co.uk\)](#)

Safeguarding

Snus:

It is made from ground-up leaves packed into a pouch, which is placed under the top lip. Some athletes, particularly footballers, have been seen using this as a stimulant. However, there are health warnings being issued over the use of the product. Unfortunately, there is a rise in young people joining a craze whereby they engage in taking snus. It can cause unpleasant side effects including vomiting, eye rolling, loss of control over limbs, and longer term damage to the teeth and gums. Like any substance, there is also the danger of becoming addicted. If you are concerned that your child needs support, please contact the safeguarding team who will be able to help.

Sign posting for domestic abuse

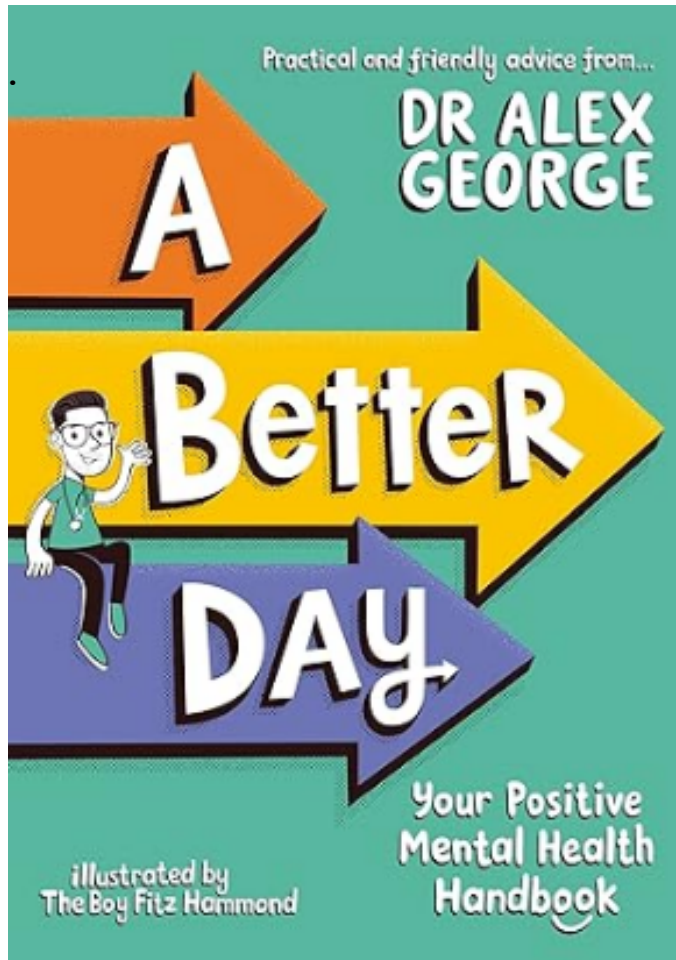
Dear parents and carers,

Another contextual factor that is on the raise is the concern around domestic violence within North Lincolnshire. We define domestic abuse as an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence, in the majority of cases by a partner or ex-partner, but also by a family member or carer. It is very common. In the vast majority of cases it is experienced by women and is perpetrated by men but this is not always the case and men can also be victims as can children.

If you feel you need support for domestic abuse please follow the link to direct you to many different support services that are available.

<https://www.nhs.uk/live-well/getting-help-for-domestic-violence/>

Menu - Week 1					
w/c 04/03, 25/03, 29/4, 20/5, 17/6, 8/7					
	monday	tuesday	wednesday	thursday	friday
Italian	Pepperoni Pizza ✓ Mascarpone Pasta	✓ Veggie Supreme Pizza Bolognese Pasta	✓ Spinach Calzone Spicy Chicken Pasta	✓ Hawaiian Pizza Carbonara Pasta	✓ Cheese & Tomato Pizza ✓ Veggie Bolognese Pasta
Mexican	Beef chilli pot & rice	✓ Macaroni cheese pot	Beef empanada	Chicken Fajita	✓ Vegan Mexican Chilli
Chicken	Chicken curry & rice pots	Hot wrap cajun	Breaded chicken burger	BBQ chicken wings	
Sides	✓ Lime dressed 'slaw	✓ Mixed salad	✓ House 'slaw	✓ Tangy mustard 'slaw	✓ Cheesy garlic bread
Panini & Jackets	✓ Cheese & Tomato Panini ✓ Jacket & Topping	✓ Jacket & Topping	Pepperoni Panini ✓ Jacket & Topping	✓ Jacket & Topping	✓ Cheese panini ✓ Jacket & Topping



## ST BEDE'S READS

\*Winner of the Children's Non-fiction Book of the Year in the British Book Awards 2023\*

What if we could think of mental health in a positive way? Sweep away the rain clouds. Talk about what's on our minds. And care for our mental health in the same way we look after our bodies. In this empowering and hopeful handbook, Youth Mental Health Ambassador Dr Alex George is here to show children how.

**A Better Day** is a positive, accessible and practical toolkit guiding young readers in how they can care for their mental health with confidence.

From peer pressure and exam stress to online trolls and anxiety, life is full of ups and downs. But there are ways we can stay on top of our mental health - including overcoming stigma, talking about our feelings, developing resilience and switching our mindset.


This book provides all the scaffolding and practical techniques, so readers can look towards their future with optimism and positivity. Because no matter what, there is always hope for a better day.



The benefits of movement, fitness and embodiment practices range from immediate psychological uplifts to long-term mental resilience and wellness.

Some of the benefits include:


- Endorphin release can lead to an immediate improvement in mood and a sense of well-being.
- Reduction of stress and anxiety in both short-term & long-term.
- Improved cognitive functions like memory, concentration, and problem-solving skills, particularly helpful managing symptoms of ADHD and other cognitive disorders.
- Enhanced brain health — regular movement protects against the onset of neurological disorders and cognitive decline as we age.
- Better sleep through regulating circadian, heart and sleep rhythms. Good quality sleep helps regulate mood, improves cognitive function, and is the crucial baseline for all improvements in health.
- Enhanced mindfulness and presence in life, which can reduce symptoms of anxiety and depression and lead to a calmer, more balanced mental state.
- Regulation and balance of neurotransmitters like serotonin and norepinephrine, which are linked to depression.
- Improved self-esteem via a sense of achievement and felt-sense of strength and vitality.
- Increased sense of community and belonging, which is essential for mental health. The social aspect of exercise can also alleviate feelings of loneliness and isolation.
- Emotional resilience through physical achievements, which can translate into other areas of life to help us better cope with emotional challenges.




**MENTAL HEALTH  
FOUNDATION**

**MENTAL HEALTH  
AWARENESS  
WEEK**

13-19 MAY 2024





**LET'S  
MOVE MORE  
FOR OUR MENTAL  
HEALTH**

**13-19 MAY 2024**

This Mental Health Awareness Week find your #MomentsForMovement

[www.mentalhealth.org.uk/mhaw](http://www.mentalhealth.org.uk/mhaw) @mentalhealthfoundation @mentalhealth

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