



## ANGIE'S ANIMAL ANTICS

The students were treated to a session with 'Angie's Animal Antics' this week.

Angie came along with some of her furry, feathery, and scaly friends; giving our students the opportunity to hold, touch and learn some facts about them. For example, the Chinchilla is the animal with the most hairs per square inch... making it the softest animal on the planet!



The Australian Tree Frogs use their eyeballs to push food down to their stomachs and the Box Turtle has a hinge at the bottom of its shell so it can close it completely, escaping predators.

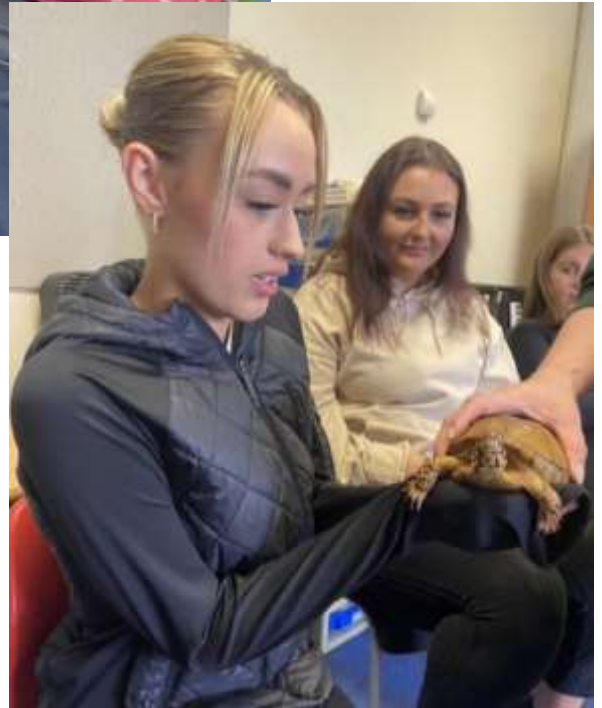


All the students really enjoyed the session and many came out of their comfort zones to hold or stroke the animals.









Thanks to Mrs Van Jaarsveld for arranging this visit.

WE ARE HERE  
FOR YOU





Can't clean the whole room?  
Clean a corner of it. Can't  
do all the dishes? Do a dish.  
Can't get in the shower?  
Wash your face. Always look  
for the thing you CAN do,  
with the energy and focus  
you DO have. Little wins pave  
the way for bigger wins.

1% beats 0%.

Dr. Glenn Doyle

All our students find the exam and assessment process stressful – and they show this in different ways. Remember to just turn up and have a go! We are all here to help!

Maths, English and Science lessons are available all day along with Revision and sweatshops!

## PERSPECTIVE MATTERS!

Think positive. If you look at things a different way it can help.

Remember – we are here to help.





## Sleep – Some ways to help me sleep

1. Stop playing x-box about 30 mins before bedtime.
2. Leave phone charging and on silent away from my bed.
3. Try and read or do a puzzle or listen to music or podcast to relax.
4. Make sure I'm not too warm or too cold.
5. Turn off lights and make sure it is nice and quiet.
6. If I can't sleep I try one of these:-
  - Seven/Eleven. Breath in for 7 and breath out for 11!
  - Go through the alphabet naming things like food, footballers, names....

By Year 10 Student

## TIPS TO HELP WITH SLEEP

**ROUTINE** Try and go to sleep and wake at a similar time each day. Most of us get less sleep than we need – adults need between 7 and 10 hours a day. Teenagers need between 8 and 11 hours a day.

**SUNLIGHT** We all need time in the light as well as in the dark – find time to get outdoors for some sunlight (even if it is raining!) to help your body understand it is time to rest at night.

**MINIBREAKS IN THE DAY** We all feel the build-up of stress in the day. **MAKE TIME** to have even just a ten second break – stop and breath slowly, stand and stretch, or spend ten minutes phoning a friend. Plan these mini-moments into your day.

**EAT FOR SLEEP** Eat breakfast and hour after you wake if you can – but always eat breakfast! Try to stop eating about 3 hours before you sleep and avoid sugar before bed.

### BRING YOUR DAY TO AN END BY

**Remembering the good stuff** – think of the things that went well and you got done!

**Put away things you've been doing** - the laptop, phone, x-box, ironing board – all goes away!

**Your choice** – Choose a TV programme you want to watch (don't just flick through the channels). Or choose an activity that is something you like – colouring, reading

### START YOUR NEW DAY BY

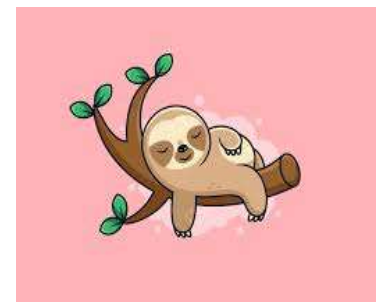
**Allowing** yourself to wake slowly and engage with the new day

**Leaving your phone** alone for a bit – 30 mins or so.

**Opening the curtains/blinds** – let the light in

**Taking time to** remember what needs to be done during the day.

**Making sure you've planned breaks and support!**



WE ARE HERE  
FOR YOU





# SCHOOL NURSE

VIRTUAL

# DROP-IN

for Parents/Carers & Young People

## WHEN

Every Thursday  
Time: 15.30 - 16.30

including  
School  
Holidays

## WHERE

Your mobile phone/device  
& a quiet place to chat

## HOW

Scan the QR  
code or type  
the short URL  
into your  
browser:



[mpft.live/schoolnurse](https://mpft.live/schoolnurse)

ALL AGES  
EVENT

ADVANCE  
TICKETS

£0 not required

## ON THE DAY

1. Scan or enter the link into your browser between the advertised times
2. Enter your contact details
3. Wait in the private virtual waiting room (no one else will know you are waiting)
4. Your School Nurse will let you in to the virtual room

## FAQS

**Confidential.**  
**Chat about anything.**  
**Secure platform.**  
**Not recorded.**  
**No new app needed.**



Our School Nurse Salma also visits school and will be in next on 15 May – see Miss N for more information. The service is confidential.

## Who are school nurses?

- Registered nurses with additional registered specialist training in public health
- Skilled, knowledgeable, experienced and vitally, trusted by families and stakeholders, who, with the required investment, can significantly contribute to a number of cross-governmental priorities<sup>1</sup>
- Bring clinical expertise and knowledge to a wider system to improve population health and reduce health inequalities<sup>2</sup>
- Innovative workforce that embraces digital technology, service redesign, skill mix, and models for integrating services around children, families and schools<sup>1</sup>
- Supported by skilled, mixed teams of health workers and work alongside other members of the wider children's workforce.



## What do school nurses do?

- Promote the health, wellbeing and protection of all children and young people in all settings throughout their school aged years<sup>3</sup>
- Identify the health needs of individuals and communities using evidence-based assessment tools<sup>3</sup>
- Co-produce programmes with children, young people and families. Plan work collaboratively in partnership with the multi-agency team to address local need and national health priorities outlined by the NHS, OHID and UKHSA<sup>1</sup>
- Use research and audit to deliver an evidence-based service with clear outcomes, with evaluation as an integral part of the process<sup>3</sup>.



## Mr. Hall's Health & Fitness

Last week we looked at physical wellbeing. This week we are looking at mental wellbeing.

We hear about mental wellbeing and mental health a lot. Mental wellbeing is about looking after your mind and processing the things that are happening to you.

It takes 30 days to turn actions (things that you do) into habits (things that you do often and easily). The 30 Day Challenge is all about choosing actions that improve your wellbeing and turning them into habits.

Improving our wellbeing can massively help to reduce and relieve our stress, so we need to choose actions that do this.

I encourage you to choose one action for your mental wellbeing to carry out each day, from the mind map below. Every day, do the activity you have chosen, get them into a routine, and after 30 days, you will have new habits.



The mind map is centered on 'MENTAL WELLBEING' with a brain icon. It branches into four categories: LEARN, WRITE, BE KIND, and BE MINDFUL. Each category has several activities listed around it.

**LEARN** (with brain icon):  
Meditate. Can you practise being still and quiet for two, five or ten minutes? Let your mind wonder and recharge.  
Start reading a new book. Find one that you enjoy to read.  
Try yoga once a day.Perform a random act of kindness for a friend or loved one every day.

**WRITE** (with notepad icon):  
Learn new skills. Cooking and baking are great places to start. Why not music? Or art?  
Choose a language and learn a new word each day. After 30 days, see if you can create some sentences.  
Start a thought journal and write about your daily thoughts.  
Listen to a new podcast that is full of daily inspiration.  
Write a fictional story that allows you to escape the world.

**BE KIND** (with smiley face icon):  
Be kind to yourself. Let yourself enjoy the little things that happen during the day.

**BE MINDFUL** (with palette icon):  
Try mindful colouring.

**MENTAL WELLBEING**

