



## Wellbeing resources

We will be regularly updating the school website with resources to help support students and their families during lockdown, please direct your children to these if you feel they would find them useful.

## Bereavement support

**Barnsley Bereavement Support Service offers free, confidential help from trained volunteers to those who cannot come to terms with their bereavement.**

The service is available to adults and young people who live in the Barnsley district, residents can refer themselves or their children via telephone. When the telephone is not manned messages can be left on our answer machine.

Our Referrals Officer will contact you by telephone and discuss your individual needs. We aim to return your call within seven working days.

**Phone number: 01226 200565**

## During this week in History:

**January 13, 1935** - The population of the Saar region bordering France and Germany voted for incorporation into Hitler's Reich. The Saar, with its valuable coal deposits, had been under French control following Germany's defeat in World War I. (Y11 curriculum)



**January 15, 1559** - Elizabeth Tudor, daughter of Henry VIII and Anne Boleyn, was crowned as Elizabeth I in Westminster Abbey. (Y8 curriculum)

**January 15, 1929** - Martin Luther King (1929-1968) was born in Atlanta, Georgia. As an African American civil rights leader he spoke eloquently and stressed nonviolent methods to achieve equality. (Y8&9 curriculum)

## IMPORTANT MESSAGE FOR YEAR 11

Mrs Carruthers and some external Careers Advisers are busy making sure that they are speaking to all Year 11 students over Teams during this lockdown period. In the meantime though, here's what you need to know if you are concerned about what the new announcements mean for you:

- 1) Make sure that you go on Grofar! There is a wealth of information about Careers and post 16 options. Your username is your school email address. Unless you have not yet changed it, your Password is Password1
- 2) Follow Mrs Carruthers on Twitter - @dearnecareers She will be tweeting reminders about the latest online open days and apprenticeship vacancies
- 3) If you are really concerned and can't wait for an appointment, go on Grofar and click on the 'Message Careers Service' button. We'll make sure that you are seen earlier.
- 4) If you haven't applied anywhere yet, DON'T panic apply.
- 5) You can apply to more than one College/6th Form and make your decisions later when you've got your results.
- 6) If you are applying for Apprenticeships, you must apply for full time College as a back up plan.
- 7) Check your school emails, It's how I will communicate with you.

## IMPORTANT MESSAGE FOR YEAR 11 PARENTS/CARERS

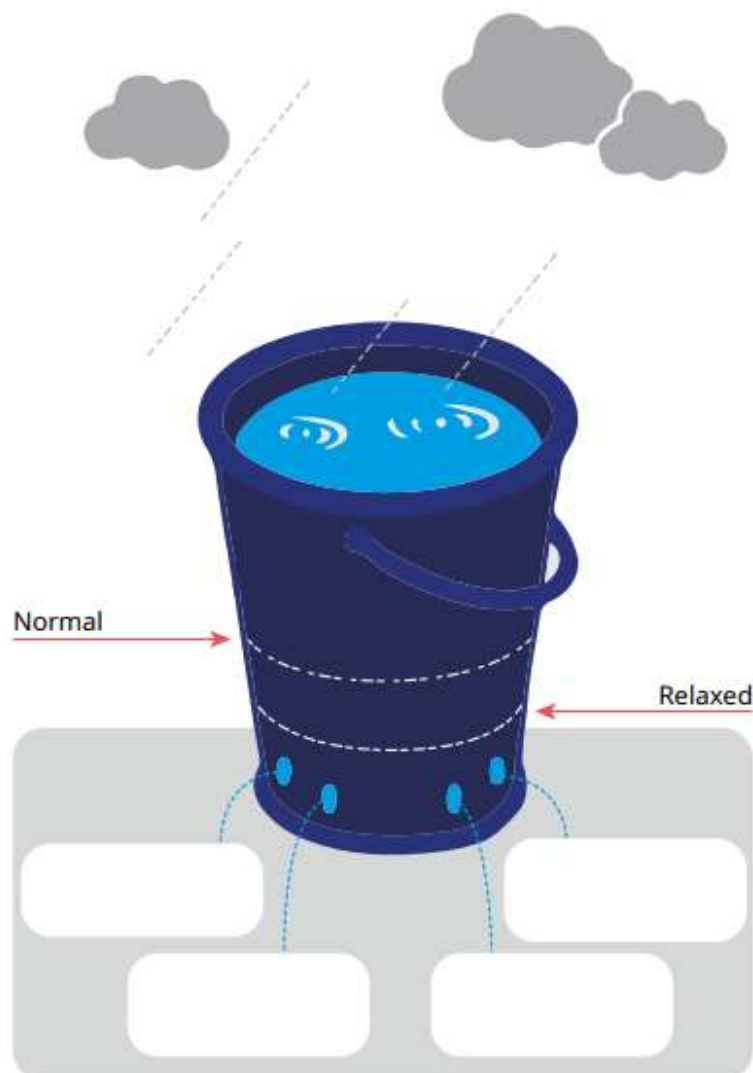
If you are concerned about what will happen next for your child, please don't hesitate to get in touch with the Careers Department. Contact Mrs Carruthers on [catherine.carruthers@astreadearne.org](mailto:catherine.carruthers@astreadearne.org) and she will get back in touch with you.

# Stress Bucket

We all experience stress to some degree. Some stress can be good, it can push us to work hard. But too much stress can make us feel overwhelmed, and prolonged stress can eventually lead to problems.

The stress bucket is a way to visualise this. Above the bucket are clouds – the things that cause you stress. These rain into the bucket and gradually fill it up. You release the stress by stabbing holes in your bucket and doing things you enjoy or that help you to stress less.

Think about your own stress bucket. Identify the things that cause you stress (the clouds) and the things you do to manage them (the holes). Take a look at the school website for more ideas of things which may help release stress from your bucket.



# Self-Care

**Self-care is about the things we can do to look after our own mental health.**

The below is a taster of activities taken from the Anna Freud website to help you to manage your wellbeing. It's up to you to decide what helps. If it works, keep doing it. If it doesn't, stop and try something else. For a full A-Z of activities, videos and more information visit:

<https://www.annafreud.org/on-my-mind/self-care/>

## Drawing or painting

Many people find that spending Time on artistic activities, such as drawing and painting, can be soothing. download free colouring pages to get you started here;



<https://www.crayola.com/free-coloring-pages/adult-coloring-pages/>

## Writing

Writing things down, by using a journal or a diary, can help you to defuse a situation that you have kept inside you. Some use journals as a way of sharing difficult feelings, expressing words that they would not be able to say out loud. Others use journals to track their mental health, highlighting the good days and the bad so that they learn more about themselves and their mental health.



## Photography

Photography can be a great way of distracting yourself from your thoughts or, alternatively, a great form of self-expression. Being creative is an opportunity to express difficult thoughts and emotions that can't otherwise be put into words.

## Challenge negative thoughts

The same way you might if a friend was feeling down on themselves, it can really help to think of some reasons to question your negative feelings. We can be very hard on ourselves and it's much easier to fall into a pattern of self-criticism than it is of self-compassion - but practicing being kind to yourself can help to lift your spirits.



## Boardgames

It can sometimes feel overwhelming or intense to spend extended periods of time with friends or family when talking is the main activity. Suggesting a boardgame can be a good plan when you'd like a shared activity to focus on, which relieves some of the pressure to make conversation, and also gives you new things to laugh and talk about.



## Baking

Baking or cooking can be a relaxing activity, it allows the mind to switch off as you become absorbed in the task of preparing food, almost like a mindfulness exercise. For those who enjoy it, baking is a satisfying and rewarding experience.



## Organise your day

Organising your day can give you a sense of satisfaction, as well as keeping you feeling grounded and structured. Breaking things down into small steps can help things seem less intimidating, and possibly build a routine that can help you manage symptoms, such as from depression or anxiety.

