



The Roundhill Academy Wellbeing Newsletter.



WELCOME BACK 2024-2025 !

Welcome back everyone we hope you all had a lovely summer and are looking forward to another great school year. A

warm welcome to our new Year 7's – we are hoping that you are looking forward to your new chapter at secondary school. Here are a few ways to make sure that the start of this school year is successful:

- *Set an alarm – make sure you are up in plenty of time.*
- *Organisation – prepare your uniform/books/PE kit the night before.*
- *Homework – try and do this the day it is set, it prevents you from building work up and it then being rushed.*
- *Sleep – make sure you are getting enough sleep. Teenagers should get between 8-10 hours of sleep a night.*
- *Don't skip breakfast.*
- *Talk about it – secondary school can be overwhelming at times so make sure you have someone to talk to (a family member, friend, teacher)*
- *ENJOY IT!!!!*

Mental health:

It is always important to look after our mental health.

At times, you may feel bored, frustrated or lonely. You may also feel, worried or concerned about your health or those close to you. It is OKAY to feel all these emotions and to recognise that everyone responds differently to situations.

There are lots of organisations to support you if you need help. Please see some online and telephone organisations listed below:

- [Self-help - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- [Home - Kooth](#)
- [Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)
- [Childline | Childline](#)
- School speak out email – speakout@roundhill.bepschools.org this will be picked up by one of our DSLs within school.

ACTION FOR HAPPINESS

Action for Happiness create monthly calendars that are packed with actions you can take to help create a happier and kinder world. You can download the calendars from the website.

This month is self care September

[Self-Care September | Action for Happiness](#)



September – supporting one another :

To all Roundhill students, if you see any of the following:

- Another student struggling to make friends
- Another student being unkind to someone
- A student who is new, shy, nervous or worried
- A student who is eating lunch alone
- A student who is on their own

Be a leader, be supportive, be kind!

Say Hi. Smile at them. Ask if you can sit with them. Include them.

*You never know what that person may be facing
inside or outside of school!*

If you are worried about anything report to a Teacher, Head of Year or DSL.

- Head of Year 7 – Miss Osborn
- Head of Year 8 - Mrs Tinson
- Head of Year 9 - Mrs Brown
- Head of Year 10 - Mrs Wheeler
- Head of Year 11 – Mrs Brook
- Designated Safeguard Lead – Mr Naujeer
- Safeguarding and Welfare Lead- Mrs Anastassiades

Key dates to remember this term :

- 19th September - Youth Mental Health day - #controlyourscroll
- 21st September – World Gratitude day
- October – Black History month
- 10th October – World Mental Health day

World Gratitude Day:



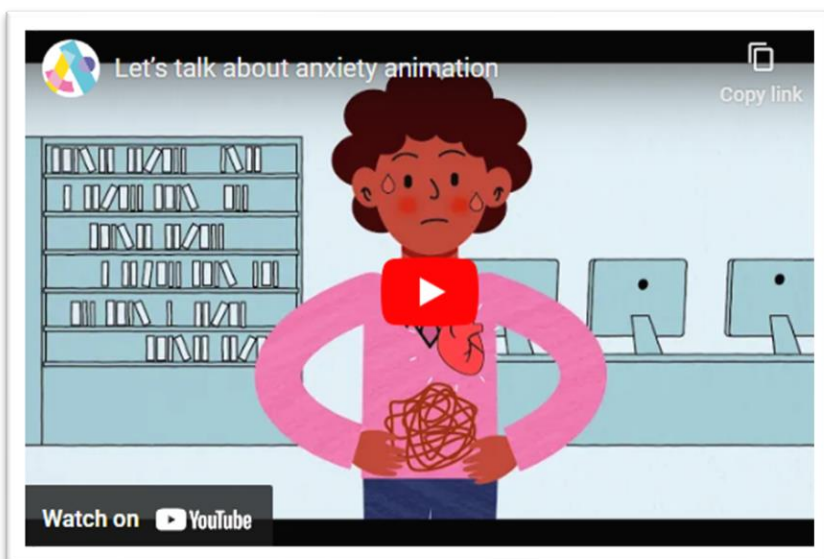
World Gratitude Day is celebrated on September 21st annually. This day aims to remind us of the importance of expressing gestures of thanks and appreciation. Understandably, sometimes we can get caught up in our busy lives and neglect to show how grateful we are for the people around us. Many people believe that once you commit a simple act of kindness for someone, you don't need to manifest that kind of kindness repeatedly. But if you do, it makes the world a better place. After all, it's your world, and you have to live in it!



Youth Mental Health – 19th September 2024

*This year's theme is **#controlyourscroll**. At secondary school, the majority of us use a mobile phone, iPad, laptops or computers both inside and outside of school. Therefore, it is essential that we are safe online and report anything that makes us feel worried or unsafe. Stem4 is a digital mental health charity that supports young people's mental health. Last year they completed a survey amongst hundreds of students and the following data was shown, **85% of students voted that their mood was negatively impacted by the time they spent online**. They also revealed that **scrolling through their phone would at times makes them feel anxious and/or self esteem being affected**.*

We have attached a video link for students to watch called 'lets talk about anxiety.' The animation helps students to normalize, understand and manage anxious feelings.



[Let's talk about
anxiety
animation
\(youtube.com\)](https://www.youtube.com/watch?v=...)