

WELLBEING NEWSLETTER

Hello everyone! The Wellbeing Ambassadors, led by Mrs Ford, Miss Dobson and Lauren Smith (Deputy Head Girl of Wellbeing), meet regularly to discuss ways to improve the wellbeing of our school. Due to the current COVID-19 situation we haven't had chance to carry out an introductory assembly so below are photos of everyone. We want to make sure you can recognise us around school! We will be using this newsletter as a way to reach out and share our work with the school.



Year 7



Bethany
Nelmes



Harley
Stokes



Olivia
Parker

Year 8



Danielle
Veluz



Blanka
Gradziel

Year 9



Evie
Rushton



Maisy
Chamberlayne

Year 10



Jade
Roberts



Becca
Allen

Year 11



Robyn
Hammond



Niamh
Hall

Sixth Form



Lucy
Good



Alex
Williams



Abi
Wilson

School Council update

Kindly written by Robyn Hammond

Throughout the last year, school council has been focusing on spreading awareness about bullying in Ribston and promoting the Anti-Bullying movement.



This has included working with Mr Barnard and the Wellbeing Ambassadors, as well as preparing and putting together anti-bullying week – you may have seen some of us in the filmed assembly. Our other focus has been improving the student voice: we now have a suggestion box in the reception and have tried to make ourselves more recognisable by wearing purple lanyards. Please remember that we are very open to talking to anyone, about anything and if you have any thoughts or ideas please get in touch (you can email MeghanR14@ribstonhall.gloucs.sch.uk)

Bethany Nelmes' Mug Cake Recipe

Ingredients (serves 1)

1 egg, 3 tablespoons vegetable oil, 4 tablespoons milk, 3 tablespoons caster sugar, 3 tablespoons baking cocoa, 4 tablespoons plain flour, ½ teaspoon baking powder

Method (prep: 1 min, cook: 3min, ready in: 4 min)

1. In a mug stir egg and oil until combined.
2. Add milk, sugar and cocoa and stir until combined. Lastly add flour and baking powder and stir again.
3. Bake in microwave until well risen (approx 3 minutes). Serve on its own, with whipped cream or vanilla ice cream.



Personal Lockdown Story

Kindly written by Alex Williams

The lockdown period has been especially difficult for many people, including me, and I'd like to share how it was for me, to help you feel less alone in anything you may be dealing with. Being a person who has dealt with anxiety and depressive episodes in the past, I knew going into home learning periods that I would begin to struggle with my mental health – and I was not wrong. While I was lucky to be able to complete the work that I was set during lessons and any homework, I felt disconnected from the people I love most; including my friends, teachers and parents, and I found myself completing much less work than I would have if I was at school.

While this lockdown has been so much better, I've still been struggling - which is difficult to admit. I've been extremely lucky to have friends that I keep in contact with frequently and teachers that provide me with great support. Whether the difficulty in my mental health is because of lockdown isn't what to focus on, but rather how important social support has been to help keep me on track.

I've done so much learning and have had so much time to understand myself and my needs as an individual which I'm really glad to be able to put into practice among my close friends. Becoming more honest with myself and allowing myself to freely express who I want to be has been helpful in making me feel more comfortable with being myself instead of shying myself away – I hope that anyone reading this is able to do the same.

I won't go into detail about my experience over the two home learning periods but I want anyone who is struggling, regardless of whether that's because you're not enjoying the time at home alone or if it's because of anything else, to know, that you are not alone - however cliché it may sound, there will always be someone to listen to you. Whether that be a close friend, a family member, a mental health professional or just a piece of paper; holding your feelings in does nothing but harm you and I've been slowly learning to open up for help when I need it, especially in the past year.

The symptoms that come with poor mental health are nothing to be ashamed of, no matter how visible or severe they seem to other people. If you can complete all your schoolwork and act like you're okay to other people, but feel terrible when you're by yourself, your feelings are no less valid than any other person who may be struggling in a different way. I've found that looking for the small victories has helped me to feel better on particularly bad or 'unproductive' days, whether that be finishing one piece of work, eating three full meals or just being able to brush my teeth twice – recognising that you are still doing things to feel better is really great; and even if you didn't get anything done in the day, you still made it through the day and that's something positive to think of.

If you need any support, an ear to listen or just someone to be with in silence, don't be afraid to contact anyone. The school, your friends, an online counselling service – there is so much out there to help.

Uplifting playlist

Creatively put together by Danielle Veluz

- Valerie - Amy Winehouse
- Alive - Hillsong Youth
- Sunday Best - Surfaces
- Dancing Queen - ABBA
- Good As Hell - Lizzo
- Happy - Pharrell Williams
- You Can't Stop The Beat - Hairspray
- Don't Stop Me Now - Queen
- Dynamite - BTS
- Don't Stop Believin' - Journey
- Lazy - Bruno Mars
- Riptide - Vance Joy
- Don't Worry, Be Happy - Bobby McFerin
- I'm Still Standing - Elton John
- Edge Of Glory - Lady Gaga
- What A Wonderful World - Louis Armstrong
- Break Free - Ariana Grande
- Run and Tell That - Hairspray



Fun things to do in lockdown

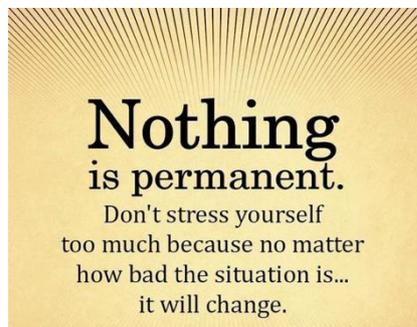
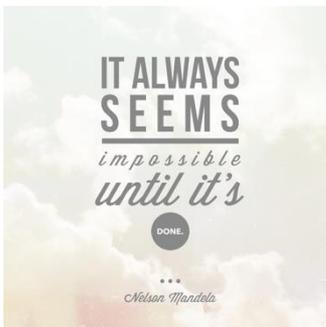
Kindly written by Bethany Nelmes

I personally love playing Kahoot with my family and, although in school we use it to help us with our subjects, there are so many other topics to choose from that don't include this. It is also a lovely way to connect with other family members especially now as we can't see them. I have virtual Guides meetings every fortnight and, twice, we have made mug cakes and they are really simple to make and taste delicious!

We are all going through a challenging time at the moment and it can be hard to try and see the light at the end of the tunnel! However, we must all remember that there are some people who can help us with handling our thoughts, feelings and emotions. These people can include parents, siblings, staff and GPs along with many others. I believe that we all should feel like we have someone that will listen and understand how we are feeling.

If you do feel like you have nobody to talk to then you could e-mail me or anyone in the Wellbeing team.

It's important to try and maintain a positive way of thinking during these uncertain times. **Bethany Nelmes** has kindly found some motivational quotes to help with this.



Below is a link to an Etsy shop found by **Niamh Hall** that she'd like to share with Ribston students. The proceeds from the bracelets being sold go to the mental health charity 'Mind' (<https://www.mind.org.uk/>). Niamh felt this would be a great way for people to donate and help. Also, she thought the bracelets could be a way of recognising people who are open for a conversation about mental health and there to support others.

https://www.etsy.com/uk/listing/946299994/colourful-beaded-bracelets-with-18?ref=shop_home_active_1&crt=1



Mindfulness

It can be easy to rush through life without stopping to notice much. Paying more attention to the present moment- to your own thoughts and feelings, and to the world around you- can improve your mental wellbeing.

Danielle Veluz has handpicked these links to help you explore mindfulness.

<https://positivepsychology.com/mindfulness-exercises-techniques-activities/>
<https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/>
<https://www.the-guided-meditation-site.com/mindfulness-exercises.html>
<https://www.goodhousekeeping.com/health/wellness/g32267191/mindfulness-activities/>

Where to seek help

This is still a difficult time for everyone but there are lots of places you can go for extra help and people to talk to:

- Wellbeing Team at school
- Wellbeing Ambassadors
- Your GP
- Parents/Siblings/Friends
- Mental health charities (Mind, Iamme app, Bounce)

