



SWANMORE
Wellbeing

Recommended Mental Health Apps

SAM - self-help anxiety management (Apple & Android)
Worry Box - anxiety self-help (Android)
What's Up (Android)
MindShift (Apple & Android)
Fear Tools - Anxiety Aid (Apple & Android)
ThinkNinja (Apple & Android) – designed for 10 – 18 years old

SWANMORE SPEAKS

Hello and welcome everyone, our wonderful readers!

Please congratulate yourselves: teacher, pupil, member of the Swanmore College team, parent/ carer and all readers - you have made it to the summer holidays!
Please enjoy our **SUMMER TWO** edition of Swanmore Speaks, the final one of the academic year.

We wish you all a relaxing, but exciting break away from school and look forward to welcoming you back in September with more updates, advice and well being hacks to keep us all healthy

As always, all feedback is welcome, please email:

✉ wellbeing@swanmore-sec.hants.sch.uk

P.S. We also have lots of amazing resources on our website -
[Wellbeing - Swanmore College](#)



COMPETITION

If you find the letters spelling "TEACH" on dice then email mrsbailey@swanmore-school.co.uk with the subject "Swanmore Speaks: TEACH" and tell her what page number the image appeared on. For the chance to earn 20 ICCs.

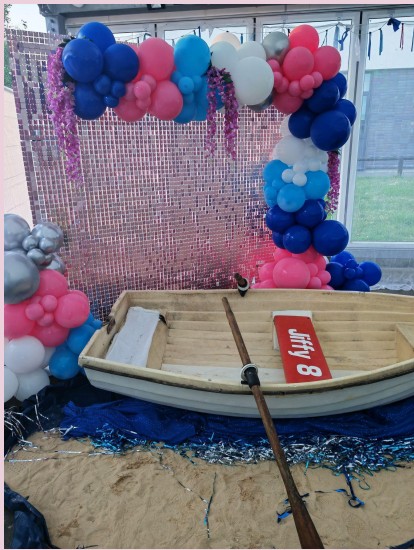
Year 11 Prom 2024

Pupils had an excellent time at prom this year, hosted at Swanmore College. Year 11s arrived in style, looking the part, to a Mamma Mia! themed party with use of the fun fair on the field, with street food, ice cream and candy floss at the ready.

Miss Cheek, Mr Cuffe, and multiple members of staff spent the day of Wednesday 26th June perfecting the canopy and transforming the usual breaktime area into a marquee fit for prom kings and queens!

Thanks to Mr Valentine who DJ-ed and Mrs Bailey who created the balloon arches for perfect photo opportunities. Also, thank you to Miss Luce who was photographing students as they arrived. We cannot wait to see more and more of these snaps. The evening really was a huge success with beautiful summer sunshine and a wonderful relaxed atmosphere as the year group celebrated all of their hard work in completing their exams.

We wish each and everyone of you all the best for results day on Thursday 22nd August and for your next adventure, wherever that may be.





McLaren Racing joined the Swanmore Science Department

on Thursday 11th July. With the exception of any year 10 pupils that were in the art exams, the whole year group attended a presentation delivered by Erin Williams, from McLaren, aimed at promoting STEM based careers. Erin shared details of her career journey and how she joined McLaren, along with giving pupils an insight into the work that she undertakes. Erin then ran 3 challenges/workshops where pupils designed, built, and tested their own racing car nose box alongside developing their own marketing strategy. The pupils were chosen for their effort in science across the course of the year. Prizes were given to the best overall team in each session.





A huge congratulations

to all the cast and crew, after yet another successful summer production, this year of “Around the World in 80 days”. Pupils performed on Tuesday 9th, Wednesday 10th and Thursday 11th July (they even moved the Wednesday’s show earlier so all could be home watching the England semi-final if they so wished). Thank you to Mrs Avery, Mr Coleman, Miss Humby, Miss Broach, Miss Lineham for helping with costumes and Mr Hedicker for help making the set, and all the tech team and staff helping backstage - supporting the performance. We look forward to the announcement of next year’s show!



Celebrating Swanmore's Enrichment programme

Another enrichment programme success story:

Here are some photographs from the History Research enrichment



We would love to hear from you, our readers, about the enrichment programmes you have enjoyed or the choices your children have made this year. Send us one line to sum up your experience of enrichment in the 23-24 academic year. We want to hear about successes, new skills learnt, new hobbies taken on as a result of the enrichment you enrolled in. For every piece of feedback shared, you will earn 10 ICC points. We would love to share your stories in our Autumn edition next year.

Please email

wellbeing@swamore-sec.hants.sch.uk

ICC opportunity

[Reading Well](http://reading-well.org.uk)
(reading-well.org.uk)

READING
WELL



Keep reading over the summer

Book recommendation:



Some other reads to look out for on the book shelves



A heart-warming MG adventure about the unbreakable bond between a dog and his human from a beloved and twice Costa-shortlisted author.

“One of our finest children’s writers.” Phil Earle “I’m Tom’s dog, and he’s my human. We belong to each other.” Rebel is a good dog, and he loves his simple, perfect life on the farm with his owner Tom – until one day the war comes too close... Now Tom is determined to join the rebellion to defeat the king’s men. But Rebel knows war is dangerous, and he will stop at nothing to save the human he loves. Rebel *must* bring Tom home before it’s too late.

Let the Euros 2024 help kick-start your daily exercise


regime

A recent Sport England study found that less than half (47%) of children in the UK currently meet the Chief Medical Officers' guidelines of taking part in an average of 60 minutes or more of sport and physical activity a day. While this figure may see a rise during the Euros, taking this chance to get children and young people engaged in regular exercise could cement the increase in a more permanent way.


However, it can be tricky to know where to start, or how best to encourage young people to stay active – so, the Wake up Wednesday guide is here to offer some tips. They are sharing expert advice on how to promote exercise and the importance of physical wellbeing for the younger generation.




For more information check out the National college website or:

 @natonlinesafety

 /NationalOnlineSafety

 @nationalonlinesafety

 @national_online_safety

Not only are the Euros a huge influence to help get more people moving, but also the Olympics running from Fri, 26 July 2024 – Sun, 11 August 2024

Top tips here for encouraging participation:

- Make it fun
- Mix movement with learning
- Create opportunities to incorporate into your day (walk somewhere instead of driving for example)
- Provide positive reinforcement
- Variety is key
- Enjoyment over competition
- Set realistic goals
- Make it accessible
- Lead by example
- Encourage persistence

GET OUTSIDE, BE AT ONE WITH NATURE



Sam's Sunflowers

Sam's Sunflower patch on Hayling Island usually opens in July for your chance to pick some gorgeous sunflowers. For £5 per person you can pick up to six sunflowers. There's no need to pre-book tickets for this sunflower patch and for little ones there's also a maize maze and occasional tractor/trailer rides

Fordingbridge Maize Maze and Sunflower Picking Patch

On the edge of the New Forest, Fordingbridge Maize Maze and Sunflower Picking Patch is a popular spot to visit.

Pick your own sunflowers (there are 9 different varieties to choose from) and take part in a variety of family-friendly activities including craft activities, the farm's bee trail and of course the Maize Maze.

Sunnyfields Farm

Sunnyfields Farm Shop usually opens up a sunflower field as part of their annual 'Summer Time' activities. Located near Totton, Sunnyfields is a popular spot with both locals and visitors. Be sure to pop into the farm shop on your visit for some tasty local produce too!

***Pick your own ...
Sunflowers***

There are lots of local farms where you can do this - here are some we recommend:

SWANMORE COLLEGE ANTI-BULLYING

The Anti-Bullying Committee have recently joined forces with SwanPride members to plan and deliver a Connect session as part of Diversity Week. Following their training from The Diana Award as Anti- LGBTQ+ Bullying Ambassadors earlier this year, they disseminated some of the training with all tutor groups. Pupils were reminded of the different types of bullying and how to get support. They were also reminded that our Ambassadors are here to support bullying issues specifically related to LGBTQ+.

As part of Diversity Week, the Anti-Bullying Committee and SwanPride members plan and ran two activities. The first activity celebrated kindness and inclusivity of our LGBTQ+ community here at Swanmore. We are currently making a Diversity Rainbow from all of these messages. Watch this space in September! The second activity was a LGBTQ+ Celebrity Quiz. Our Committee members are currently marking all of the quizzes and will be announcing the winners from each year group in the coming days.

Please remember that any bullying concerns can be directed to the Anti-Bullying team using this email address: antibullying@swanmore-sec.hants.sch.uk



WHAT IS BULLYING?
"Repeated, negative behaviour that is intended to make others feel upset, uncomfortable or unsafe."

V	I	P
VERBAL Hurtful words, offensive language, swearing, discriminatory language	INDIRECT Isolating someone, rumours, sharing someone's secrets, cyber-bullying, damaging/taking someone's property and physical intimidation	PHYSICAL Hurting someone intentionally, kicking, punching, pinching, splitting, slapping

Are you experiencing or witnessing any of these forms of behaviour?
If so – **IT IS BULLYING**

Please report it to:

- ➔ Anti-Bullying Committee member (Ambassador)
- ➔ Any member of staff
- ➔ Your "Go To" Adult
- ➔ Email antibullying@swanmore-sec.hants.sch.uk

**DIANA AWARD
CRISIS MESSENGER**
NEED TO TALK TO SOMEONE? THE CRISIS MESSENGER IS OPEN 24/7 FOR YOUNG PEOPLE IN THE UK.

TEXT OA TO
85258
FOR 24/7
SUPPORT

Safeguarding at Swanmore

POP-UP ADS

Pop-up advertisements have been a staple of the internet since they were first introduced in the late 1990s. This form of advertising causes a small window or banner to appear in the foreground while someone is browsing a website. Although these adverts are merely irritating for most people, pop-ups can present more severe risks to younger users.

WHAT ARE THE RISKS?



SAFEGUARDING
AT SWANMORE

For more information check out the National college website or:

Advice for Parents & Educators

START A CONVERSATION

It's important to have regular conversations with children about online advertising so that they understand the risks of interacting with pop-ups. For example, if a child asks for a product which has been advertised to them online, ask them why they want it and how they found it: this will present an opportunity to talk youngsters through the tactics used in online marketing.

SPOT THE SIGNS

If you're concerned that a child may be following pop-up ads to make online purchases or viewing content that could be harmful, it's important to be able to spot the signs. Due to the often-manipulative nature of these adverts, children who interact with them regularly may show signs of distraction, stubbornness and an increasingly materialistic worldview.

MONITOR CONTENT

It can often be difficult to spot when a pop-up advert is malicious – even more so for impressionable younger users. It's important to monitor the content they're consuming to prevent them from clicking on something dangerous. If a pop-up ad seems too good to be true – promising a free iPad, for example – it probably is.

PRIVACY SETTINGS

Most modern devices have privacy settings that let you limit the amount of advertising a child is subjected to while using apps or browsing the internet. You may also want to speak to teachers about avoiding sites and apps with advertising, as well as adjusting digital privacy settings on any education technology they use.

LIMIT SPENDING

Try to stay aware of what children are spending and ensure that payment details aren't linked to or saved on the gaming platform that they use. Most video games and internet-enabled devices have settings that can help you manage what children can or cannot purchase online.

CUT DOWN ON SCREEN TIME

Given the prevalence of pop-up ads (which can appear on everything from smartphones and tablets to internet-connected toys and games), it might be beneficial to limit the time children spend on digital devices to curb their exposure to digital advertising.



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety



Wellbeing Champions

The Wellbeing Champions have been busy this term completing their training and thinking of ways to celebrate positive wellbeing at Swanmore.

They supported the soon-to-be new year 7s during the induction day on Thursday 4th July, which was a great success and will welcome them back again in September.

They have designed a positive postcard for pupils to send each other in school, when they want to say 'thank you' to someone for being kind, or for being a positive role model for looking after their own wellbeing or the wellbeing of others. They gave out some of these postcards to the Year 6 pupils who visited us on their induction day and are sharing them with Year 7 tutor groups in the last week of term. We hope to share these with the rest of the school in the new year.

Sadly Mrs Barker is leaving Swanmore; she has loved working with the wellbeing champions this year. Mrs Egerton looks forward to seeing what fantastic ideas can be implemented to promote the wellbeing of pupils at Swanmore in the next year ahead.

Swanmore Young

Carers

Miss Primmer and Miss Davies run the Young Carers' group every Friday during tutor time. Pupils from across all year groups are welcome.

Pupils - If you believe you are a Young Carer, please come to the Pupil Centre and speak to Miss Primmer or Miss Davies.

Parents/carers - If you believe your child is a Young Carer, please email the enquiries address enquiries@swanmore-sec.hants.sch.uk for the attention of Miss Primmer and Miss Davies and we will be more than happy to get in contact with you.

Please visit the wellbeing section on the Swanmore College website where you will find further support for Young Carers.

We have a large group of young carers who attend. If you are a young carer you are very welcome too.



Join us on a
Friday morning,
for a free breakfast
and a chat!



We are still meeting every other **Tuesday in R02** second break.

We now have a regular space every single day, in the Pupil Centre. We will be based at the table at the front or the sofa nearby, at break time/lunch time.

We are finalising a poster and a buddy rota for who will be there! 😊

We are always looking for more people who would like to join us!! Please see Miss Garaty, Mr Guillen and Miss Herring for more information.

We work towards improving and protecting our environment here at Swanmore and in the wider world.

Last year we were awarded the prestigious Green Flag award for our work.

If you're passionate about the environment, come and join us!

Monday lunchtime in R01





We are providing access to **free** period products

Take what you need, when you need it from:

- » Miss Smith (Welfare)
- » Mrs Deller (R Block)
- » Year Teams
- » Pupil Reception

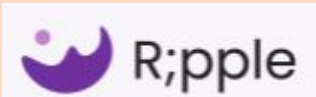
#periodpositive
#periodequality

Creating period equality **For all.**

<https://www.phs.co.uk/periodequalityoff/>

Funded by
Department for Education

phs Group P=RIOD EQUALITY



Discretely intercepting harmful searches and providing signposting to 24/7, free mental health support at a time when you are most vulnerable.

To find out more:
<https://www.ripplesuicideprevention.com/>



WYC
Winchester Youth Counselling

Wellbeing Walk-in

NEW!

A **FREE** youth mental health drop-in service for 11-25yr olds

Wednesdays 4-5pm
31st Jan & 7th Feb initially

 The Southdowns Social,
3-4 Kings Walk, Winchester SO23 8AF

01962 820 444
winchyc.org

Helplines:

Anxiety UK:
support@anxietyuk.org.uk
08444775774

MIND:
info@mind.org.uk
03001233393

No Panic:
admin@nopanic.org.uk
08449674848

Nightline:
Nightline.ac.uk

Samaritans:
jo@samaritans.org
116123 (freephone)

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>