

WITH ME MIND

Winter Newsletter 2023

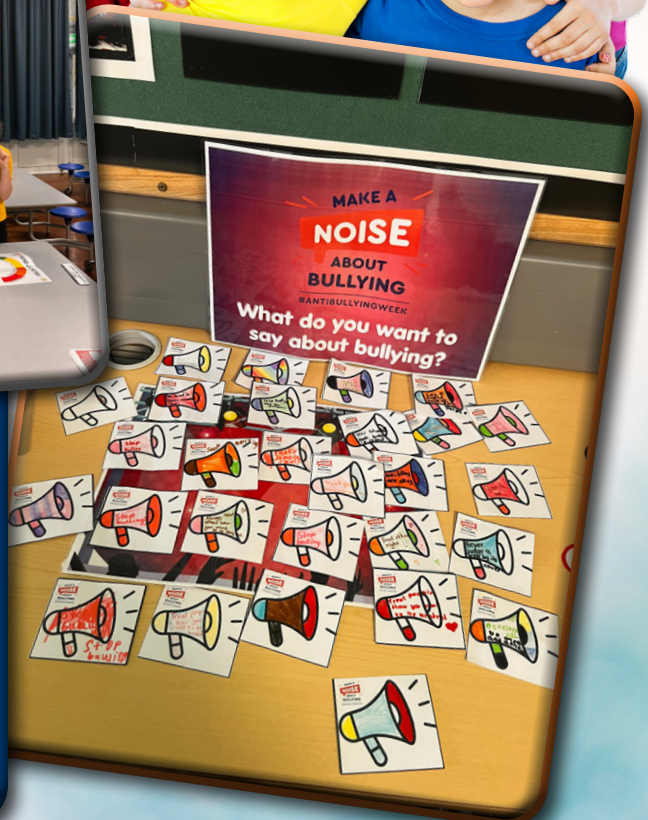
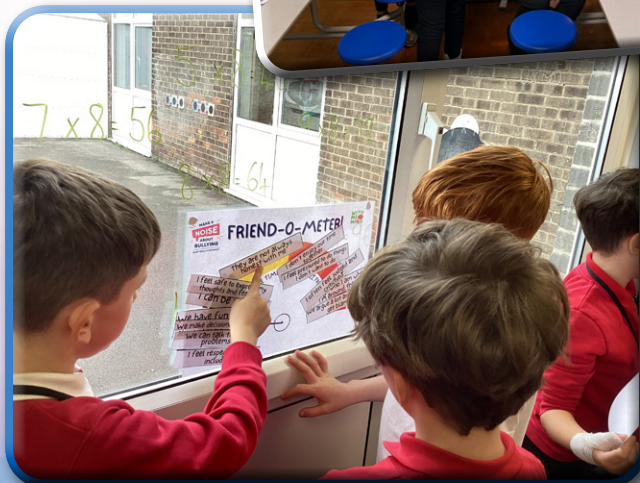
Welcome to With Me In Mind's last newsletter of 2023

Once again our Rotherham, North Lincolnshire and Doncaster schools have been busy. We wanted to take this opportunity to share what we have been up to, alongside our schools, colleges, and students. We will also be giving out some winter wellbeing advice, hearing from some of our ambassadors and letting you know what we have coming up in the New Year!

Make some **NOISE** about bullying...



We had a very busy November as it was World Kindness Day, Odd Socks Day, Anti-Bullying week and Friendship Friday! The With Me In Mind team's linked up with lots of our schools to share information on bullying and healthy friendships. Some of our ambassadors got their schools involved in a Word Hunt, we had information stands, kindness bingo, friend-o-meters and anti-bullying pledges!



5 ways to Winter Wellbeing

WITH MIND

Winter Wellbeing

GET WRAPPED UP AND GO FOR A WINTER WALK. IF IT SNOWS YOU COULD GO SLEDDING OR BUILD A SNOWMAN!



WITH MIND



Winter Wellbeing

SOME PEOPLE CAN FEEL A LITTLE LONELY DURING THE COLD AND DARK WINTER MONTHS. TAKE SOME TIME TO VISIT A FRIEND OR RELATIVE.

WITH MIND

Winter Wellbeing

STAY IN WHERE IT'S WARM AND COSY AND CONNECT WITH YOUR FRIENDS OR FAMILY. HAVE A CHAT, COOK A MEAL, WATCH A FILM OR PLAY A GAME.



WITH MIND

Winter Wellbeing



IT'S ALMOST THE END OF 2023. TAKE SOME TIME TO THINK ABOUT...

- G - WHAT YOU ARE GLAD ABOUT
- L - WHAT YOU HAVE LEARNED
- A - WHAT YOU HAVE ACHIEVED
- D - A TIME YOU HAVE FELT DELIGHTED

WITH MIND

Winter Wellbeing

USE THE WINTER BREAK TO LEARN SOMETHING NEW. READ A BOOK, DO SOME ART, LEARN A NEW LANGUAGE OR DO SOME RESEARCH ONLINE AND LEARN 5 NEW FACTS



Ambassador Corner



Our Ambassadors at Wickersley School & Sports College in Rotherham want to share their reasons for becoming Wellbeing Ambassadors...

I wanted to be an Anti-Bullying Ambassador to help those getting bullied and create a safe environment in school for all students.

Ellen Henry – Year 9

I wanted to be a WMIM Ambassador because I want to help students from getting a serious mental health problem by helping them get the correct support.

Esme Roberts – Year 7



I wanted to become a WMIM Ambassador to help students feel comfortable in speaking up about bullying to create a safe environment.

Claudia Brown-Vasilescu – Year 9

I wanted to be a WMIM Ambassador as I wanted to be able to improve wellbeing in my school. I have struggled with my Mental Health and I think it's important everyone should know where to get support from if they are struggling. I also wanted to help strengthen the community in the school.

Mabrookah Agbabiaka – Year 10

I wanted to be a WMIM Ambassador because helping people with Mental Health and bullying is so important for everyone, it helps in growing their confidence and I really want to help people.

Isla Tattershall – Year 7

I wanted to be a WMIM Ambassador as I personally believe that all my peers should receive the correct understanding about their own wellbeing and I wanted to help with that. I also wanted to improve my school's environment and show how important a person's wellbeing is.

Erin Butler – Year 10

We're growing!



We are excited to announce that the With Me In Mind team's in Rotherham, Doncaster and North Lincolnshire will be expanding over the next year. This will allow us to support more schools, children and families. We will be able to share more details about the work we will be doing and the schools that will be involved next year so keep an eye on our newsletter and social media for updates!



New Year Prep...

You might not want to think about going back to school or college just yet but the new year might bring revision, exam prep and mock exams for some of you. Get fully prepared with our revisiontips and timetable...



1. Start revision early.
2. Create a revision timetable.
3. Find a stimulating place to revise.
4. Revise little and often.
5. Record revision notes in voice notes if you find it hard to read through them all
6. Try some revision games.
7. Stay positive.
8. Use practise exam papers.
9. Stick revision notes around your house.
10. Do the hard stuff first.



EVENING REVISION TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 PM					
5 PM					
6 PM					
7 PM					
8 PM					

Use this timetable to schedule in revision time for each of your subjects. Remember to book in some breaks, positive activities and time to eat well. Give yourself some revision rewards and be realistic about how much revision you can do each day.



January Blue's Mood Booster



The winter months can be filled with a mixture of emotions, the excitement of the holidays alongside the long dark days. It's very normal to feel sad or deflated; everyone feels low or down at times and people can be upset by many different things that might occur. However, if you're feeling like you're experiencing more 'blue' days than bright ones you may need to take some steps to feel better.



Here are our January Mood Boosters:

- **Plan activities:** it might seem appealing to stay in bed scroll on your phone, but this will make you feel worse. A good way to challenge low mood is to get busy- try planning some fun activities friends or family.
- **Talk to the people around you:** it is important to reach out to people for support and talk to them about how you are feeling.
- **Think about what you enjoy and try to plan this into your week:** This might be things like exercising, colouring, going for a walk, catching up with friends.
- **Do daily things that will improve your wellbeing:** small healthy habits go a long way, go out on a daily walk, make sure you're eating good foods to fuel your body, practice mindfulness activities.

Dates for the diary

Next year's Children's Mental Health week runs from the 5th to 11th February and the theme is 'My Voice Matters'. Our teams are already busy preparing but if you would like to get involved or have any ideas for what you would like to see in your school's or college then please let someone from the With Me In Mind team know.



Winter Warmer

Get cosy and have a go at our Winter Crossword



Across

2. A warming drink (3,9)
5. What the 1st of January may also be known as (3,5,3)
11. What important week in the mental health calendar takes place in February 2024? (9,6,6,4)
14. Beat the January blues with our... (4,7)
15. What your body might do when its cold
16. There are 5 tips in this newsletter to improve your Winter...
17. Something we recommend to help with revision preparation

Down

1. A day we celebrated during November
3. They can fall from the sky during cold weather
4. A cold Disney film
6. What season features in this newsletter?
7. Something you may put on to keep you warm
8. The twelfth month
9. A cold country or something you might add to a drink
10. A winter activity that takes place on the snow
12. Something we might dream of during the winter months
13. One area that With Me In Mind works in

Parent/Carer Workshops

The team in North Lincolnshire were so pleased to meet lots of parents at our Autumn Parent Workshops this year... Their workshops focused on Managing BIG Emotions, Tackling Your Child's School Avoidance and Supporting Your Child Through Bullying. We want to say a big thank you to all parents that attended both virtually and in-person, we will be delivering more workshops in the New Year! Keep your eye on our social media for details on workshop locations as well as details on how to book onto in-person and virtual workshops...

North Lincolnshire's next workshops are:

Understanding Self Harm - Tuesday 23rd January 2024 - This workshop explores understanding how to spot the signs of self-harm and how you can support your child with safer ways to cope and communicate what is going on for them.

Supporting Body Positivity and Disordered Eating - Tuesday 20th February 2024 - Join us to learn how a negative body image can impact on emotional wellbeing, the impact social media has on our children's body image and spotting the signs of a negative body image and disordered eating.

Sleep Well Workshop - Tuesday 19th March 2024 - This workshop will discuss the importance and impact of sleep, what the sleep cycle is and to find out practical tips around improving their sleep routine.

Our e-clinic opening times over the Christmas and New Year break are:

Rotherham:

Parents - 18th, 20th 27th December and 3rd January - 3 to 4pm

Young People - 18th, 20th 27th December and 3rd January - 4pm to 5.30pm

North Lincolnshire:

27th Dec and 3rd Jan:

Parents - 12-2pm,

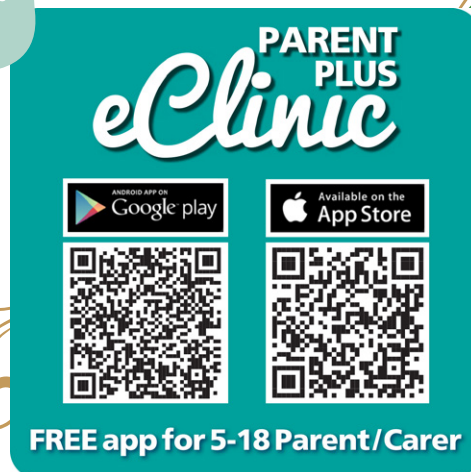
Young People - 2-5pm

Doncaster:

28th Dec and 4th Jan:



Parents - 1-3pm Parents,

Young People - 3-5pm



PARENT PLUS
eClinic

Available on the Google play | Available on the App Store



FREE app for 5-18 Parent/Carer



CAMHS
eClinic
11-19

Available on the Google play | Available on the App Store



FREE app for all young people

For further information visit:
www.withmeinmind.co.uk



Follow us on:



Where to get further help and advice :

Young Minds: <https://bit.ly/3eDHGHg>

BBC bitesize transition videos: <https://bbc.in/309DN7C>

With Me In Mind website: www.withmeinmind.co.uk

