

LHS Community well being newsletter

Longhill High School

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Edition 6, Volume 1



Talking about Mental Health!

School closure during Corona lockdown



It's been
**Mental
Health
Awareness
Week** this

week and, whether or not we've experienced mental health problems before, this is a really difficult time for almost all of us. Many of us are feeling the strain of being kept apart from friends, family and loved-ones, while the backdrop of coronavirus can be scary and unsettling.

Here's an introduction to Pooky Knightsmith, a specialist in mental health. She has a fantastic youtube channel and in this newsletter we want to look at **how** to talk to people about their mental health. See [HERE](#) for a short but clear video of hers . If you

'Bike Month: Let's Bike Back Better!

The Government has been clear that cycling is central to the UK's recovery from the

are interested and have time take a look at her [YOUTUBE Channel](#) – there is a '*mountain*' of information about everything you might need to know about mental health and will support you with any type of concern you might have for you or anyone in your family.

Please can we also remind you again of our support page for Parents and Carers on our website which can be found [HERE](#). If you need support, we are here for you.

Wishing you all a very happy bank holiday weekend.

coronavirus crisis, so Brighton and Hove want to give you something **healthy, positive and fun** to help you ride and encourage others to try cycling too.

Daily well being activities

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Expand your knowledge and explore the Titanic as an online tour.

<http://titanicvr.io/>

See the exact location of where it sank [HERE](#)



From Ms Barton

This is one of Mr Grier's favourites!!

Your task is do the 'Funny Face Art Challenge' on Youtube. Follow this link:

<https://www.youtube.com/watch?v=b-vQHAMDxyI>

You'll need someone else to do this with you - ask nicely.



Upload your photo so everyone can see!

They are launching Bike Month this June - they're inviting you, your family, friends and colleagues to set yourselves a goal for how much riding you want to enjoy.

<https://www.lovetoride.net/brighton/pages/info>

4 neat tools to give your mental health a boost!

'Catch it'

This neat app helps you manage feelings like anxiety and depression by keeping a journal. The app asks you to keep track of your mood and helps you find better ways to deal with problems. It's free on the App Store and Google Play.

'Headspace'

If anyone finds themselves a bit distracted or unable to focus, give Headspace a try. It's a really popular app that teaches you how to meditate, which has been proved to boost focus and attention. There are lots of different sessions

which have themes like combatting stress and sleeping better.

'Instagram'

It might surprise you to see Instagram on this list BUT.... try following inspirational people like @Andysmanclubuk (encouraging young men to talk about mental health), @iamleyahshanks (body confidence activist) and @bodyposipanda (body positive champion) and see how self-esteem and confidence could be improved.

'Epic Friends'

[Epic Friends](#) is an awesome site that helps you look out for your friends if they're struggling with issues like self-harm and anxiety.

Finally, 'being kind' can boost your mental health!

As already mentioned, this week is mental health

awareness week and the theme is 'Kindness'. One thing we have seen is that kindness is prevailing in uncertain times all around the world. At times like these when the world feels upside down, kindness can be the key to turning things around. Kindness has the power to create community, support and hope. A helping hand says you're not alone when you face that upward slope.

Of course, being kind is always the right thing to do but did you know that being kind is also good for you? A little act of kindness can boost your mental health. It can lower stress and cheer your mood to think of someone else. It doesn't have to take a lot because, even the smallest spark, can be the thing to light the way when someone's world feels dark. So, make that call, create that gift or send someone a happy post!

HAPPY MENTAL HEALTH AWARENESS WEEK!

