

ALL SAINTS'

CATHOLIC VOLUNTARY ACADEMY



Parent Bulletin – w/b 25/04/22

Thought for the Week: 'We never stop being shaped by God's hand for His perfect purpose – each day is part of the process'

Reminders/information:

- **Year 11 Revision – Seneca** - A revision page has been created for our students on Seneca. Students have been emailed a link but they can also sign up by clicking [here](#). This is a free resource and there are 48 courses students can access to revise and self-quiz. Currently, 92 students in year 11 have joined the group and have completed over 600 hours of private study, answering over 62,000 questions, averaging 85% correct answers. Students simply need to sign-up and log-in to gain access to this incredible resource.

Well-being updates:

- **Young Minds support:** Young minds provide support for young people with mental health. For more information follow the link below:

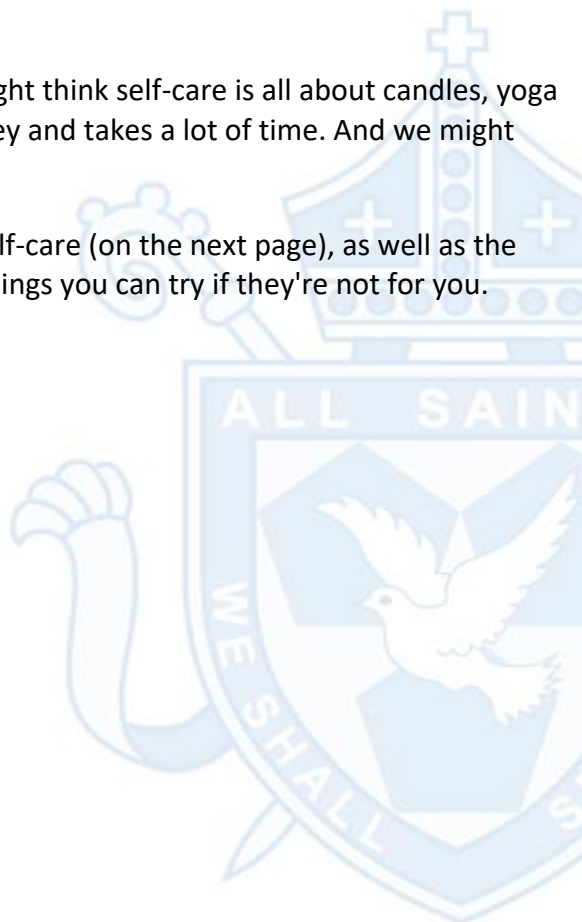
[Parents Mental Health Support | Advice for Your Child | YoungMinds](#)

They recently released a guide to self-care. The message below has been sent to every All Saints' student.

What does self-care look like?

Judging by what we see in adverts or on social media, we might think self-care is all about candles, yoga and luxury bath bombs. We might think it costs a lot of money and takes a lot of time. And we might feel like it isn't for us. But is that really all there is to it?

Here are some activities that are commonly suggested for self-care (on the next page), as well as the principles that underlie them and some other examples of things you can try if they're not for you.





A nice long soak in the bubble bath?

It's great to do something that feels good for your body, but not everybody likes the bath – or has one!

Instead, you could try gently stretching, putting on your comfiest pyjamas, or applying some moisturiser or body lotion – whatever works for you



A yoga class at sunrise?

It's great to do something that makes you feel calm, but not everyone is able to take yoga classes.

Instead, you could try doing a guided meditation using [Headspace](#) or [Calm](#), listening to some soothing music, or doing something creative you can lose yourself in like colouring. Find what makes you feel grounded.



Sweating it out on a run?

Getting active can be great for our mental health, but there's more than one way to do it.

Instead, you could try having a dance to your favourite tunes, going for a long walk, or even just shaking your limbs out on the spot. It's about getting out of your head and into your body.



A cosy night in with a good book?

There's lots of different ways to unwind and escape from your problems – it doesn't have to be with a book!

Instead, you could listen to a podcast, watch your favourite TV show or movie, or call up a friend for a chat. Think about the last time you lost yourself in an activity and try that.



Getting out into nature?

Changing our surroundings can be a great way to shake things up, but getting out into nature isn't always possible.

Instead, you could try cleaning your bedroom or living space, moving rooms, or even watching a nature show on TV. If we can't change our physical environment, sometimes a change of mental surroundings can help instead.



A nutritious home-cooked meal?

It's important to take care of our physical needs, but that doesn't have to be anything fancy.

Instead, it could be as simple as getting a glass of water to stay hydrated, getting to bed early, or even just getting up and going to the loo. Listen to what your body needs.

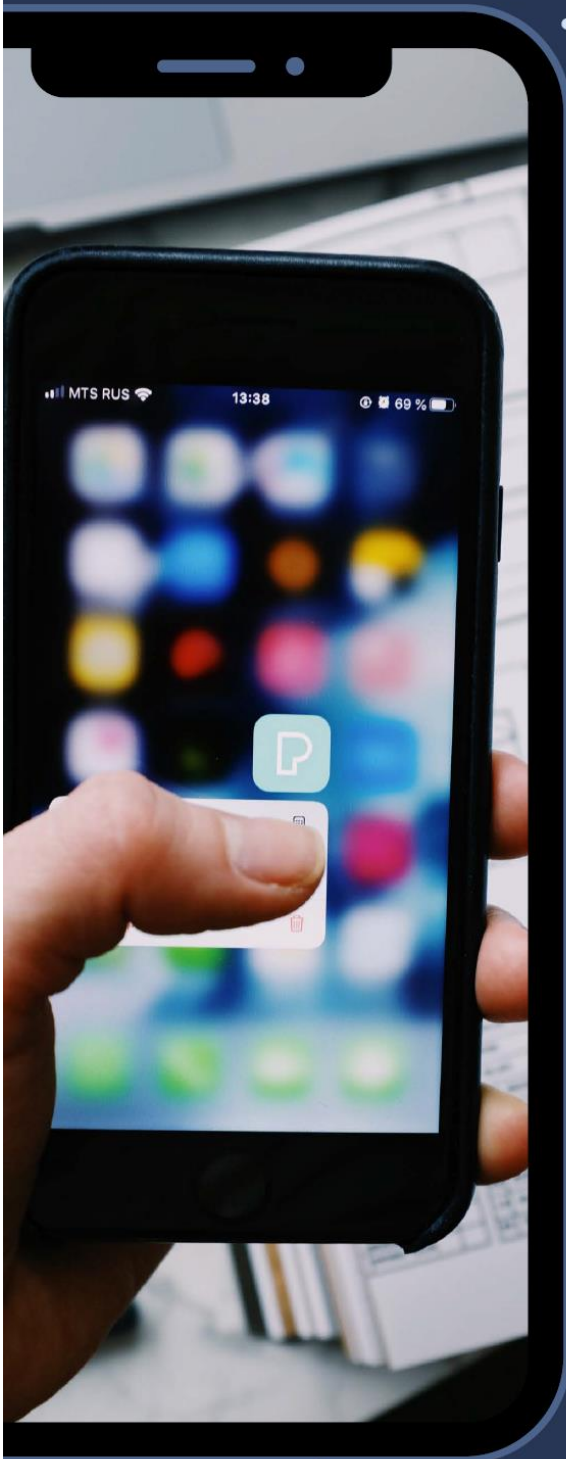
- **Healthy Family teams (attachment):** Nottinghamshire Healthcare trust have a dedicated advice line (0300 123 5436, Monday to Friday, 9am to 4.30pm) which can be used by parent/carers for advice on children aged 0-19 years old. We regularly utilise this service as a school.
- **Wellbeing email address:** If you have any questions or specific concerns regarding your child's wellbeing then please email the address: wellbeing@allsaints.notts.sch.uk
- **Website links:** Please refer to our school website for any extra support: [Wellbeing - All Saints' Catholic Academy](#)

Upcoming events:

- **Tuesday 26th April** – Year 8 Exams begin / Finale of the school panto 'Snow White' – 7pm. Tickets available on the door
- **Friday 29th April** – 6th Wall Show – Moose Tracks
- **Monday 2nd May** – Bank Holiday, school closed
- **Friday 6th May** – Duke of Edinburgh Bronze Award Expedition (and Saturday).
- **Wednesday 11th May** – Year 7 Parents' Evening
- **Tuesday 17th May** – Year 9 Exams begin
- **Monday 23rd May** – Year 8 Parents' Evening / Year 10 Exams begin
- **Tuesday 24th May** – Year 12 Exams begin
- **Friday 27th May** – end of term. School re-opens on Monday 6th June.



Nottinghamshire Healthcare
NHS Foundation Trust



Healthy Family Teams

ADVICE LINE

CALL 0300 123 5436

Monday to Friday,
9am to 4.30pm

A 'single point of access'
Advice Line for parents,
carers and healthcare
professionals who
want to speak to the
Healthy Family
Teams for advice or
support, covering the
0-19 years age range



www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams