



ST AUGUSTINE'S CATHOLIC HIGH SCHOOL AND SIXTH FORM

DEVELOPING THE WHOLE PERSON

National Mental Health Week

During this week, students and staff have been focusing on the Mental Health Week theme of Nature. We have encouraged students to think about how being outdoors can help their wellbeing - whether that is playing competitive football, reading in the garden or walking in the park with a friend. In short, being outdoors can really help. Alongside this, we have equipped students to know where they can go for additional help - whether that is one of the organisations listed below or proactive choices to manage stress such as making a to-do list, looking after animals or complimenting someone else!

All students have been encouraged to grow sunflowers within their form as well. We are discussing how we face adversity, in the same way that the sunflower faces wind and rain and it becomes stronger over time. However sometimes, changes need to be made too - both to us and to the sunflowers!

Finally, staff have been invited to share their tips for managing their mental health as well as encouraging their students to try them too. Maybe we will have some budding cyclists and gardeners amongst us too?!

Resources for Students

Anxiety - www.meetoo.help/

Eating Disorders - www.beateatingdisorders.org.uk/support-services/helplines

Self Harm - www.selfharmuk.co.uk

Low mood - www.childline.org.uk

Free online counselling, Kooth - www.kooth.com

All students have been informed of these spaces they can get help from.

Childline – www.childline.org.uk