

KINGSWOOD WEEKLY NEWSLETTER



Autumn Term
30 September 2022

KHS IS NOW CO-EDUCATIONAL - find out more [here](#)

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Dear Parents

It has been another industrious week here at KHS. Our autumn Tea & Talk for girls and their families was well-attended on Monday afternoon and featured reinforcement of key safeguarding information as well as creative 'pebble decorations' which inspired positive thinking.

Following on from their pre-mock examinations, the Year 11 parents and pupils enjoyed constructive careers meetings earlier this week with Mr Sukhdeo, Mrs Black, Mrs Haunstetter and/or Mrs Weston; as ever, I am grateful to the staff for their time in this respect. This was followed up by workshops with Elevate "Ace Your Exams" which focused on revision technique and study skills; they were extremely useful sessions for the students and their parents. Thank you very much to Mrs Bray for organising the day.

After a fantastic tenure as Chair and Treasurer of the Kingswood House Association, Mrs Reece and Mrs Glen stepped back from their roles at the Annual General Meeting on Tuesday evening. A huge vote of thanks to them both, as well as all the other committee members for their work on behalf of our school community. I am delighted to announce that they will be succeeded by Mrs Towers and Mrs Shafiq respectively. Further details about the new committee will follow in due course.

Well done to Form 9L who led our assembly on Wednesday morning. The students talked with great enthusiasm about the life skills and values they put into practice whilst away on their residential trip in Norfolk at the beginning of the term.

This Sunday sees the 42nd running of the world-renowned London Marathon. If you watch the coverage, do look out for our very own Miss Smith who will be participating for the first time – on behalf of us all at KHS, I wish you the very best of luck!

Yours sincerely

Duncan Murphy
Headmaster & CEO



Mr Murphy enjoying time spent with Simon Minty & Jane Chandler after the Senior Lecture...

The Kingswood House Way



Kingswood House



@kingswoodhouse
@KHSprep



@Kingswood_house

Please find below the calendar dates for next week and any current notices:

2022 OCTOBER WEEK 1			
Monday	03	0730 All day 1630	SLT meeting 'Friendships & Relationships' workshops with Merinda D'Aprano Tea Time Concert
Tuesday	04	0900 0935-1100 1445 1540 1615	Seniors Residential Trip to Berlin departs Year 8 HPV vaccinations Year 9: LifeLab 1 U14A football vs Box Hill (A) U15A football vs Box Hill (A) Staff Meeting
Wednesday	05	0845 0915 1430 1430 1430	8F Assembly Lower Prep Forest School U13A & U12/13B football vs Box Hill (A) U12A football vs Box Hill (H) Colts A-D football vs Surbiton Prep (A)
Thursday	06	All day	Year 6 Geography Trip to River Tillingbourne
Friday	07	All day 1345	'Hello Yellow' Charity Fundraising for Young Minds Mental Health Charity wear yellow mufti Year 1 'Castles & Knights' workshop in school

LUNCH MENU for week beginning 03.10.2022

Monday		Tuesday		Wednesday		Thursday		Friday	
Meatballs; Spicy Tomato Sauce (V) with Spaghetti	Fresh Fruit; Yoghurts; Mini Doughnuts	Toad in the Hole; Veggie Sausage in the Hole (V) with Mashed Potato	Fresh Fruit; Yoghurts; Jelly	Beef Lasagne; Roasted Vegetable Lasagne (V) with Garlic Bread	Fresh Fruit; Yoghurts; Bread & Butter Pudding	Chicken & Bean Enchiladas; Cheese & Bean Enchiladas	Fresh Fruit; Yoghurts; Cornflake Crunchy Cake	Frankfurters; Fish Fingers in a Bun with Salad	Fresh Fruit; Yoghurts; Rice Pudding



A message from Ms Timothy to dig out your **YELLOW** items of clothing to wear **NEXT FRIDAY, 7th October** in support of the vital charity [Young Minds](#) who are there to help children and young people understand more about how they are feeling and find ways to enjoy better mental health in their daily lives. They also work with parents, guardians and teachers who support and help children and young adults to achieve a happier place in life.

Please find Mr Murphy's topical thoughts for the week and the pupils who have been 'Mentioned in Dispatches' for something note worthy recently [here](#)

LOWER PREP

1M

Well done to Verity F for challenging herself in Maths on 'Place Value' and not giving up! Mrs Martins

3S

Hattie C for persevering in all of her lessons. Miss Sumners

To all in 3S for their incredible creativity and enthusiasm in art each week - keep it up! Mrs Bastable

4S

Maye B for super computing skills when creating a word document about Ancient Egypt. Miss Smith

UPPER PREP

5F

Toby H for some amazing science work in class and his prep. He said he wants to challenge himself. Ms Forbes

Jamie C for sharing his ideas with the class. Miss Sumners

All of 5F English group for having a mature and respectful conversation about disability inspired by Rosie Jones' new book where the main character has Cerebral Palsy. Miss Sumners

6B

Elliot W for trying really hard in his role as prep monitor and for taking responsibility for the form each morning. Mrs Bastable

6S

Teddy C-E for being very conscientious in his role as prep monitor, doing a great job collecting and delivering prep each morning. Madame Swift

7B

Max K and Oscar P – taking great care with their Chromebooks. Mr Barratt

Dollie M - A great start in French, with good contributions and trying hard with written work. Madame Swift

7B worked well as a class in RS this week with everyone contributing in the lesson and reading their parts aloud in the given scenario which greatly enhanced their learning. Mrs Weston

7H

Enzo B-P & Oscar E have both had a great week showing excellent levels of effort in all aspects of school life. Mr Hendry

Well done to George W for smashing his previous times tables best. Amazing job! Mrs Lindley

Miss Foster would like to mention 7H and 7B for showing excellent listening in music dictation exercises - a really difficult way to start the term, but they all persevered and tried their best.

8F

Henry R for focus in class and for showing respect to his peers and Alex W for playing in the football team yesterday and scoring 2 goals - an amazing achievement! Miss Foster

Great work from Dan G, who has started the term in great spirits and maturity. He has produced some exceptional Prime Factors work and gained 100% in his recent homework! Mrs Lindley

UPPER PREP *continued*

8J

Lauti Y for being always willing to help for example, by collecting up homework from the form group and handing it in. Mr Jackson
Zach Y for his impressive Slam poetry. He spoke clearly and confidently; he has some great ideas about things he wants to change in society. Mrs Bray

8L

Bastian V has been excellent in his Geography lessons, working hard and always keen to ask and answer questions. Keep it up. Mr Laudy

Well done to all of 8L for delivering an excellent assembly last week, thank you. Mr Laudy

Darcie F for working hard in art class and producing an excellent watercolour experimental page! Mrs Bastable

SENIORS

9B

Max W for his excellent attitude to school and resilience. Mrs Bray

Noah S has been getting stuck into his Bronze D of E volunteering - it was lovely to see him supporting Lower Prep sports' practice and helping the younger pupils. Miss Patel

Isaaq G has been working well in Science - well done for putting so much effort into your work. Mrs Black

9L

Well done to all of 9L for their effort and input into the form assembly. Mrs Lindley

Harry L for asking a great question in Computer Science. Mr Jackson

9R

Arlo S has been very respectful to other classmates and members of staff since the start of this year. Arlo is very polite and has helped Mr. Regeling a lot this term. Thank you, Arlo. Mr Regeling

Well done Kobi W for asking some incisive questions about the topic of Decimals. Pleased to see how keen you are to improve yourself. Mrs Lindley

Charles R always challenges himself to the extension tasks in Science - well done. Mrs Black

10B

Ivan T is always polite and respectful, he shows the Kingswood House Way. Mrs Black

Tedd B-A is very helpful and is a fantastic school council representative for 10B. Mrs Black

Well done James C and Rory S who have produced some fantastic collaborative work on Surface Area. It is clear that the discussion aided your understanding and was key to your success. Mrs Lindley

Olly W has really stepped up the past few weeks in his Science lessons, I look forward to seeing how this reflects in his upcoming assessment! Miss Patel

10P

Owen C has shown great endeavour in his role as a Duke of Edinburgh Ambassador in helping answer questions from the new Bronze cohort. Miss Patel

Patrick G always presents his work well - he sets a high standard for himself. Mrs Black

SENIORS continued

11H

11H for all being engaged in, and on top of, their options for post-16, once they leave Kingswood House. Their Careers Evening was very enjoyable and reassuring that they are focused and know what they need to do next. Mrs Haunstetter

Great work Ted R who has quickly engaged his focus after the pre-mocks and has made a great start to the years' work. Mrs Lindley
Yejun L has absolutely smashed his Science pre-mocks, scoring a 9-9!! A fantastic reflection of the hard work he has put in through his time as a Senior pupil with us! Miss Patel

11W

Will H completed a very good piece of work in Classics on Sparta. Mrs Weston

Thomas G, Max G, Jack B-A, Joseph S have all been working hard in Science after their pre-mocks, keep up the good work. Mrs Black

In French Mr Regling would like to mention the following pupils:

Alyssa C (8L): Alysa's level of endeavour in the French lessons so far has been very impressive. Alyssa always tries to improve her answers and is never afraid to put up her hand to try her best.

Ezra O-W (8J): Ezra always has his hand up in French and has received so many house points this week thanks to giving elaborate answers. Keep it up, Ezra!

Nathan Ashwell (10B): Nathan has been incredibly hard-working in his French lessons so far this year and is never afraid to ask extra questions to expand his French vocabulary even more.

Also Mr Laudy would like to add,

Well done to the Year 10 and 11 Geographers who completed their geography fieldwork last Thursday and are continuing to work hard in lessons to produce the data they need.

House Meetings

The first House meetings of the year took place last Friday. All pupils in each House came together to meet with their House staff. This is an important part of the structure and community of KHS and a chance for all the houses to interact; meetings are usually held every 3 weeks.



The first House Assembly of the year is tasked with voting and deciding on the children's charity each House would like to support with their fundraising in 2022-23.

Supporting charities at Kingswood house is important to us and we hold a special day each year for each house to try and raise as much money as they can for their chosen charity. Look out in the



calendar for the first House day which will be coming up after half term! Miss Smith



KHS vs Homefield

U13A 12-0 win; a dominant performance throughout showing the quality of the squad, playing some excellent football and scoring some brilliant goals. Player of the Match Ed B (7H) The goal scorers were Finlay R (8F) x2, Rex T (8F) x2, Hussain K (8L) x1, Indi D (7H) x2, Freddie T (8F) x1, Harrison W (8L) x2, George D (8J) x1 and Dan G (8J)x1

U13B 10 - 0 win; Player of the Match was Thomas H (8L); Alex scored 2 goals and Rufus J (7H) scored 3 goals. Great game The boys played well, kept the ball nicely and scored some fantastic goals

U13C Won 8-0; collection of scorers - Conor A-M (8F), Rhys B (7B), Byron M (7H), Max (7B), Stanley B-D (8J); Captained by Conor M-A. Player of the Match was Byron for his huge efforts and great stamina, but a special mention must go to Alex M-K (7B) and his fabulous top right corner spectacular!

U14 KHS made a fast start by scoring in the first 5 minutes of the game and then keeping the pressure high in the next 40 minutes. Before the half time whistle blew, Kingswood House were able to add to their opening goal through some good play to make it 2-0. The second half started with Kingswood House keeping up the high pressure and half way through the half, the boys added a third goal to make it 3-0. A few shots were had which went close and Luca hit the post from a corner, but the match finished 3-0. A good performance overall.

KHS vs Belmont

U16 2-0 loss; In their second fixture of the season, the U16's put in a very dominant performance against our old rivals Belmont School. The score line doesn't reflect the performance which saw KHS with majority of the possession and creating chance after chance. Unfortunately it was one of those days and after striking the woodwork multiple times, Belmont capitalised on some loose defending twice, late on, to take the win. Player of the Match Ben Hu (10P); notable mentions = Chris H (11W) and Archie E (11W)

U13 A 9-2 win; It was a very convincing and relatively forward 9-2 win with KHS dominating from start to finish.

Kingswood House scored the first goal within the opening 20 seconds and then the goals kept coming; even swapping in and out different players to try to level the game had little effect as the difference in quality was easy to see.

U13 B 5-2 win; a brilliant end to end match saw lots of goals and action throughout the game. KHS put in a very solid performance taking a well-deserved victory. After falling behind at first, KHS showed great resilience to come back into the game and score some excellent team goals. The team played some brilliant football and should be proud of their performance. Player of the Match Henry R (8F) with Notable Mentions to Rufus J (7H) Thomas H (8L) and Zac M (8F). Our goal scorers – Henry R (8F) x3, Dan G (8J) x1 and Dylan N (8L) x1.

U13 C 15-0 win; Excellent performance from the boys demonstrating not only great quality and excellent team work but also diligence to maintain that throughout the whole game. Player of the Match Stanley B-D (8J) for excellent deliveries into the box and clinical finishing. A special mention for Conor M-A (8F) for scoring a hat trick. Overall, the boys represented KHS brilliantly with this emphatic win.

U11 A 6-3 loss; goals from Cam E (6S) x2 and Seb P (6S). Player of the Match went to Freddie L (6B) with a special mention for Cam and Ollie R (6B).

U11 B 5-0 loss; the team got stronger as the game went on and although the result did not go our way, some excellent individual performances and encouragingly, by the end, we started to play more as a team.

Player of the Match Zac B-A (5F) was fabulous throughout – it was like we had three of him on the pitch at the same time! Harry R (6S) made some notable saves in goal.

U11 C 5-2 loss; goal scorers were Hugh H (5F) and Torin A-I (6B) who was also Player of the Match. Special mention to Ciaran P (5F) for dribbling the entire pitch to set up Hugh's goal and to Seb H (6B) for some fantastic saves.

Fantastic effort by the boys, they performed with a good intensity throughout the match, and got stronger. The score line did not match how the boys performed in the game

U11 D 2-4 loss; one goal by Elliott W (6B) and another was a goal line scramble. Player of the Match was Dexter B (6S) who was all over the pitch attacking and defending as well as being captain of the team. A special mention to Jamie C (5F) for 100% effort. Great sportsmanship all round from this group of players.

SPORTS RESULTS

U13 girls vs Belmont

Team one; 4-1 loss; Player of the Match went to Akshita T (8L). After a tough first half, the girls stepped up in the second. Despite conceding an early goal, they began piling on the pressure. A rocket of a shot from Freija K (8L) smashed into the cross bar, this was followed up a few minutes later with a fantastic goal from Akshita slotted into the bottom corner. An excellent effort all round!

Team two: 4-0 loss; Player of the Match was Isla M (7H). Once again, the girls had a tricky start to the game but came into their own in the second half. Some outstanding defending from Isla and superb saves from Sophie T (7B) and Elody T (6B) saw us put up a strong fight. A special mention goes to Sophie and Gabriella C-A (6B) who both showed outstanding spirit all afternoon.

U9 vs Belmont

U9 A 4-1; loss our goal scorer was Matviy H (4S) and Player of the Match Annabelle P (4S). A fantastic performance by the pupils who kept getting better throughout the match.

U9 B 8-1 loss; goal scorer was Maye B (4S) with Player of the Match going to Leo J (3S) and a special mention to Mahenau A (3S) for some fantastic goal keeping. A really good effort by the pupils that kept trying and improving as the match went on, and even with the score line as it was, they did not give up.

U9 C 3-1 loss; our goal scorer was Dillen S (3S) and Player of the Match Hattie C (3S). A good performance by the pupils, they worked hard and kept going—fantastic effort by all.



A parent informed us how pleasing it was to witness five of our Year 9 pupils playing for their football teams outside of school—Alex United and Ashted FC—so they were on opposing sides in a highly competitive league match on Saturday morning. Despite this, they all had an excellent game and played with integrity and respect for each other regardless of this important fixture. **#respect #KingswoodHouseWay**

House points - this week - Whole School

Drake - 389

Marlborough - 407

Nelson - 421

Wellington - 413

House points - totals - Whole School

Drake - 952

Marlborough - 991

Nelson - 1018

Wellington - 1031



Geography 'Fieldwork' in Town!

On Thursday, Year 10 and 11 completed their Urban Fieldwork Investigation for their Geography GCSE across Epsom.



The pupils completed two investigations, one focussing on urban land use and the second looking at environmental quality at various locations across the town.

All the pupils showed great teamwork throughout the day and supported each other brilliantly. *Mr Laudy*



Spicing it up in Year 1!

Today Year 1 learnt about exotic herbs and spices that were used during the Tudor times. The pupils role played and pretended to be cooks & chefs in Henry VIII's kitchen at Hampton Court. Henry VIII himself even visited to see if the food was lavish enough and flavoured for his royal taste-buds!

Mrs Martins





Dramatic History...7H and 7B took to the field to explore freeze frame tableaux of Henry VIII's wives. Can you work out who is who?



Zog in class!

In class this week, Year 1 pupils have been enjoying learning from the popular book 'Zog' as part of their English enrichment and topic work.

The children role played the characters within the book which was huge amounts of fun; we had Zog the dragon, knights, a prince & princess and our very own doctors in the making! They took their roles very seriously and even got the teachers involved in the scenes. They followed this up with some drawings and wrote up their experience as a diary entry—great work class! Mrs Martins



The class were lucky enough to have our very own school nurse, Mrs Emma Darbshire, visit them and read 'Zog' for a delighted audience, as well as showing them how to do some proper bandaging when required by a patient!





Tea & Talk!

Monday afternoon saw our first 'Tea & Talk' session for our girl cohort – old and new—which enabled some of the pupils and parents who had just joined us to get to know our pioneering, first girl tribe from last year.



Mr Murphy welcomed everyone and Mr Clarke gave a brief presentation on who, or where, any of our pupils, not just the girls, can turn to for help, in times of need in school.



They then all had a go at decorating flat pebbles with a motivational message, kind words and colourful designs.

How fabulous!



Plastic Milk Bottle Caps!

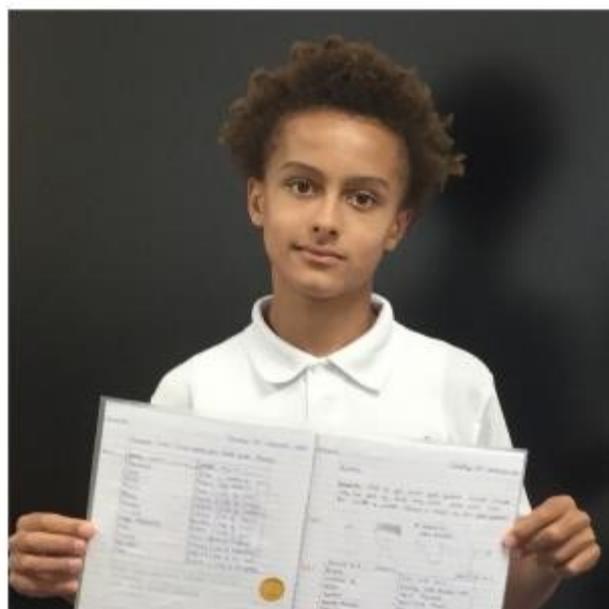
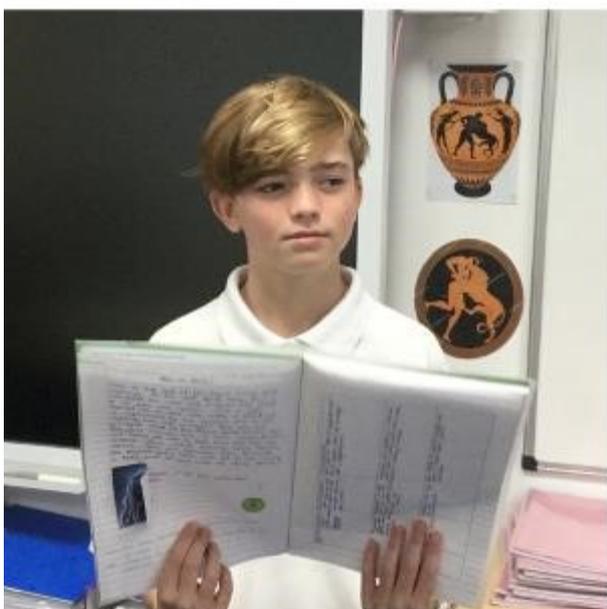
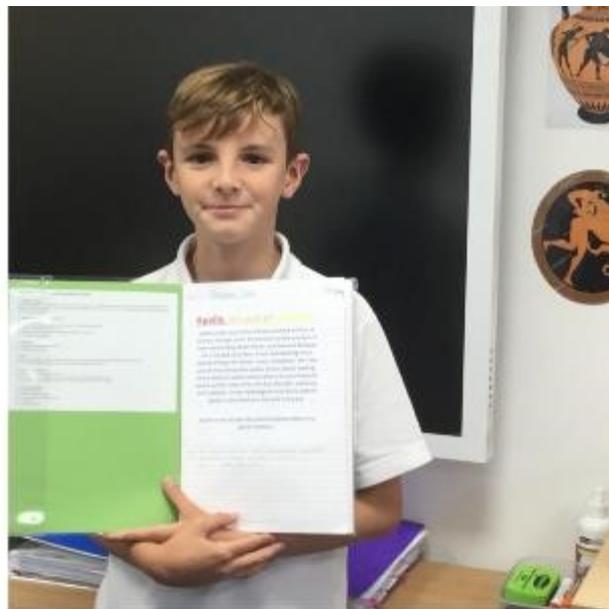
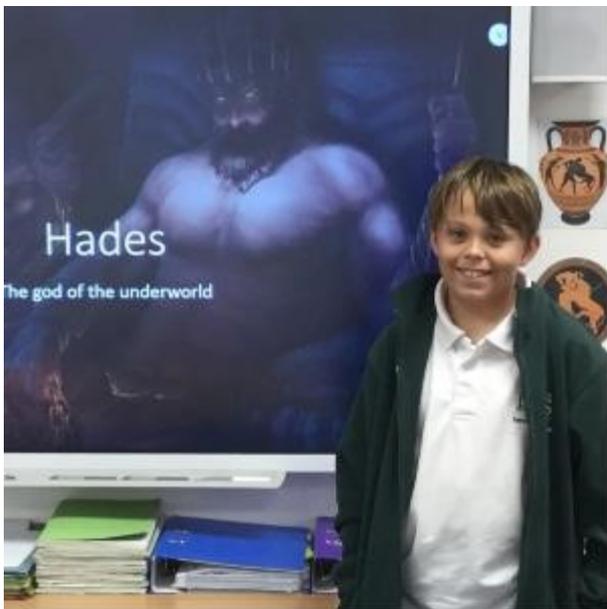
A plea from Miss Hylands who is planning a fabulous Eco Club display but needs, in her words, “hundreds and hundreds” of plastic milk bottle tops to complete it! Any brand, any colour, any size— just send them into school with your child to leave in the Front Office. Huge thanks in advance...



THE POWER OF WORDS

In our Year 6 English lessons we have been looking at *inferencing*, and ‘*reading between the lines*’, but where did this saying originate?

The expression derives from the mid 19th century in cryptology to denote the act of hiding extra meanings in between the main lines of a message. Shortly after, this expression came into usage in day-to-day and general conversation. The first written recorded use of the expression can be found in an 1862 edition of the New York Times...so now you know! Madame Swift



“Good God!”

In Classics this week, class 8H presented their chosen, favourite Ancient God in the lesson as a way of sharing their knowledge with their peers and enhancing their learning. Here is Tristan who made a power point on Hades, Alex H who favoured Apollo, Finlay R who chose Zeus and James D who presented Artemis. Well done and ‘Thank You’ to everyone for their involvement and effort. Mrs Weston



An updated picture of our Senior Leadership team 2022-23, L-R:

Mrs Ibbitson—Head of Lower Prep, Lower & Upper Prep SENCo

Mr Clarke—Assistant Head, Head of Upper Prep, DSL

Mrs Witts—Bursar

Mr Murphy—Headmaster & CEO

Mr Mitchell—Deputy Head

Mr Sukhdeo—Assistant Head, Head of Seniors

Mr March—Deputy Head Academics

Miss Wilson—Head of Study Centre, Seniors SENCo

In Assembly this week, 9L presented their thoughts and ideas about their recent residential trip to Norfolk at the start of the year. They spoke about the various challenging activities they were encouraged to do and how they pushed their own physical and mental barriers; it was good to hear a lot of talk about 'resilience, perseverance, respect and endeavour...' Mrs Webb was impressed to see the class handling their Chromebooks carefully and as a good tool for their learning. Thank you class for your efforts. *Mrs Lindley*





Miss Wilson writes,

*"It was lovely to see some new faces at our **Study Centre Coffee Morning** on Tuesday this week. Mrs Ibbitson and I talked through what is on offer in the Study Centre and how support works at KHS for our pupils with SEND. Keep an eye on the calendar and newsletters for information on our Spring Term Coffee Morning as we'd love to see you there!"*

Next week is **Dyslexia Awareness Week**, with the theme being 'Breaking Through Barriers'. Dyslexia is a specific learning difficulty which can mean everyday learning tasks such as reading and writing are challenging. The NHS estimate that 1 in 10 people in the UK have some degree of dyslexia. The British Dyslexia Association (BDA) will be talking to Theo Paphitis, Dragon's Den entrepreneur, as he shares his experiences of dyslexia. Great British Bake Off star, Lizzie Acker, will also be talking about her experience of dyslexia and why she wants it to become more normalised.

The Helen Arkell Dyslexia Charity are hosting 'A Big Bowl of Self-Esteem', a free online event looking at practical strategies to support learners with specific learning difficulties. Register for free, [here](#).

You may also be interested to join this free online event, [here](#), led by Dr Anna Tsakalaki, who talks about supporting children at home with reading.



'When Shall we Year 3 Meet Again...?'

Year 3 took part in the English Enrichment public speaking conversations this week... as a class we explored the witches' characters in Shakespeare's Macbeth and then in pairs the pupils used their drama improvisation skills to recreate the witches famous scene that starts off the Scottish play.



Very impressive work handling the great playwright, despite their young age! Miss Sumners



1st place: Bailey M (3S); 2nd place: Byron M (7H); 3rd place: Rhys B (7B)

Each of these rockstars has been awarded a commendation for their noble efforts—well done from the Maths Department!



It's gone very Quiet and Still in Year 4...

Miss Smith writes, "An exciting week in Class 4S...to extend our learning in our Ancient Egyptian topic, we have been tackling the subject of mummification which was a critical process and very much part of the Egyptian culture—so we decided to mummify one of our classmates!

The children learnt so much about the mummification process through this hands on task and were then able to explain in their books the different steps needed in order to complete the mummification. Don't worry, we didn't really take out Maye's organs and wrap him in 20 layers of linen and leave him in a sarcophagus—he came to lunch and out to play with us right after!"

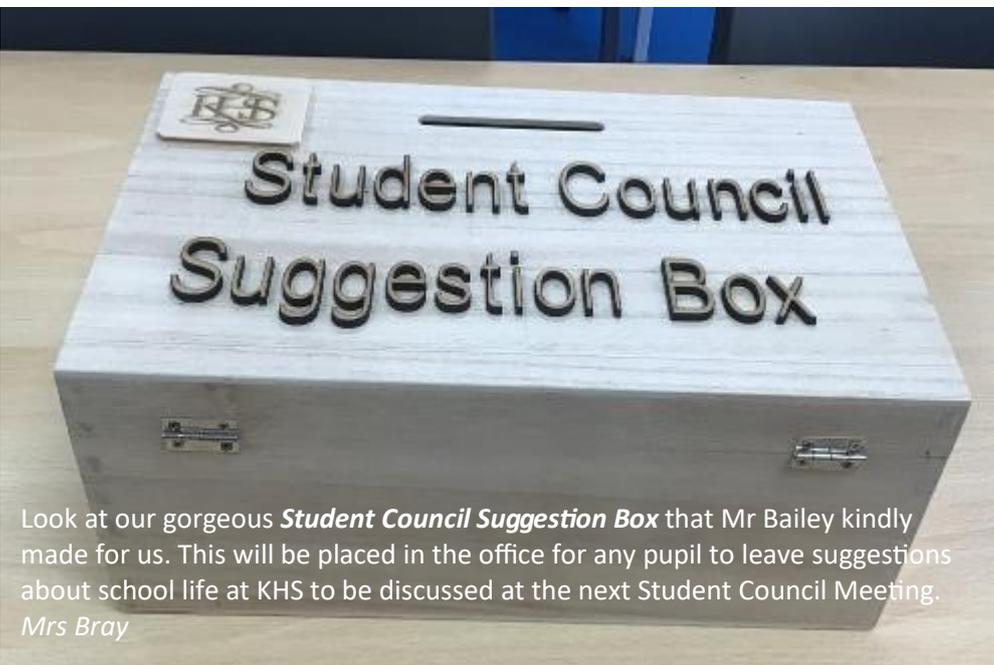
Well done to all the boys and girls who were so keen and enthusiastic with this learning.





Money Matters in Year 11

Our Year 11 pupils were given a very informative talk in their PSHE lesson by Mrs Haunstetter all about financial awareness including bank accounts, credit card, savings, ISA and mortgages. The students were engaged and asked pertinent questions which are sure to help them in the future. *Mrs Weston*



Look at our gorgeous **Student Council Suggestion Box** that Mr Bailey kindly made for us. This will be placed in the office for any pupil to leave suggestions about school life at KHS to be discussed at the next Student Council Meeting.
Mrs Bray



Parents please ensure your child's uniform is NAMED and that they are bringing home their own blazer / coat etc. and not anyone else's by mistake!
Thank you—the Office

Metamorphosis

We observed the tadpole's **metamorphosis** into a frog.

Metamorphosis: the transformation of someone/something.

Let's say the word **metamorphosis** together.

Sheila's **metamorphosis** is from an infantilised capitalist into a passionate socialist. (An Inspector Calls)

Give your own sentence including the word **metamorphosis**.
Hint: It can be used in replacement of "transform"

La charcuterie

J'ai acheté du pâté à la charcuterie.

Charcuterie: pork butcher's/delicatessen

Let's say the word **charcuterie** together: char-cu-te-rie

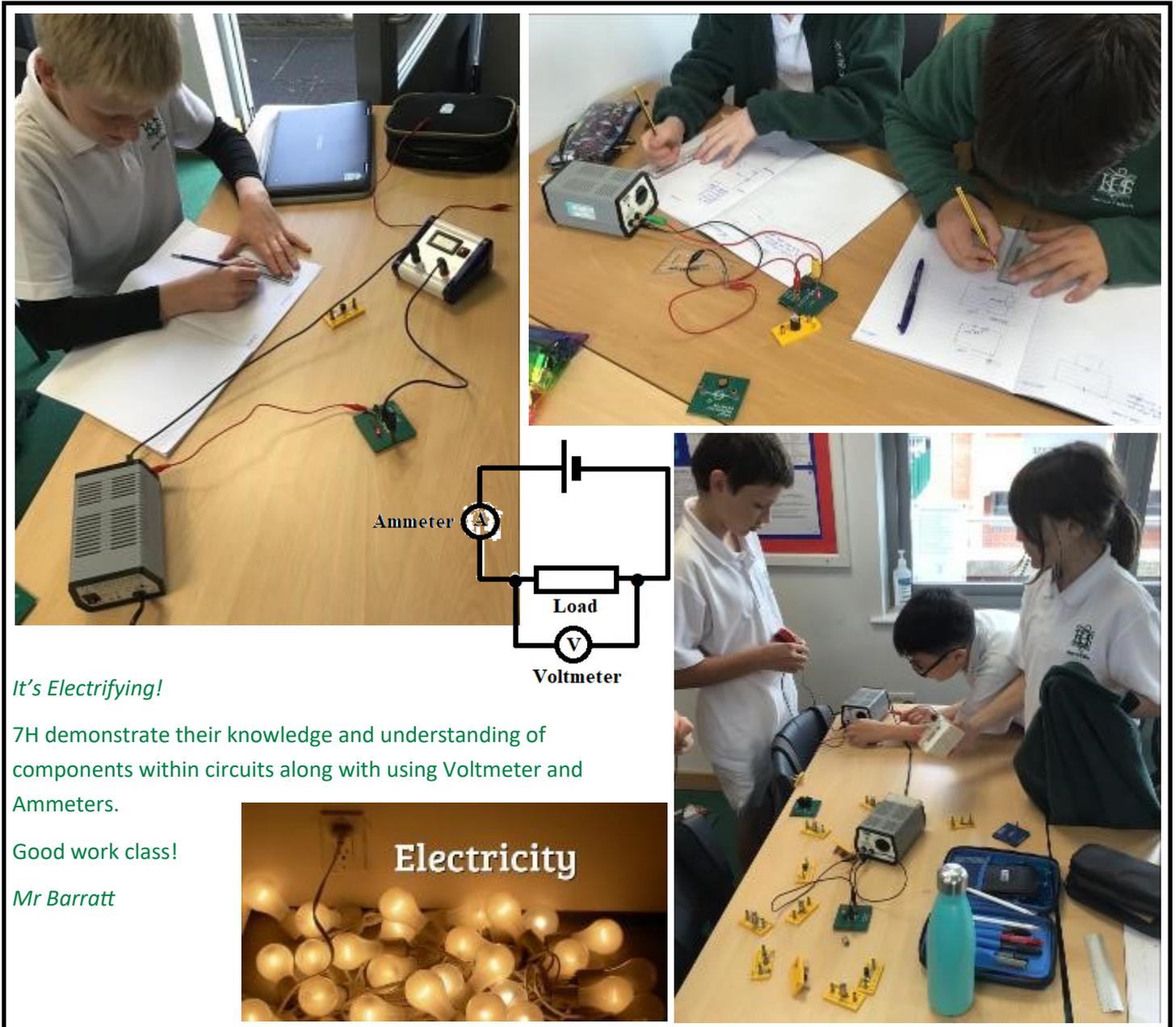
À la charcuterie, on peut acheter du jambon, du saucisson et du pâté.

Give your own sentence including the word **charcuterie**.
Hint: It can be used in replacement of "boucherie"

Current Pedagogy in School

Please see some examples above, from French and English of the 'six-steps' approach taught at Kingswood House School this week. This new teaching and learning initiative focuses on developing and consolidating students' vocabulary. The six-step approach to vocabulary acquisition is being used in every classroom and the results are impressive.

Mr Regeling comments, "In Y7, pupils have been working diligently on implementing the Six Step Method in French. This week's word was charcuterie which was then used in example sentences by the pupils".



Ammeter  **Voltmeter** 

Load

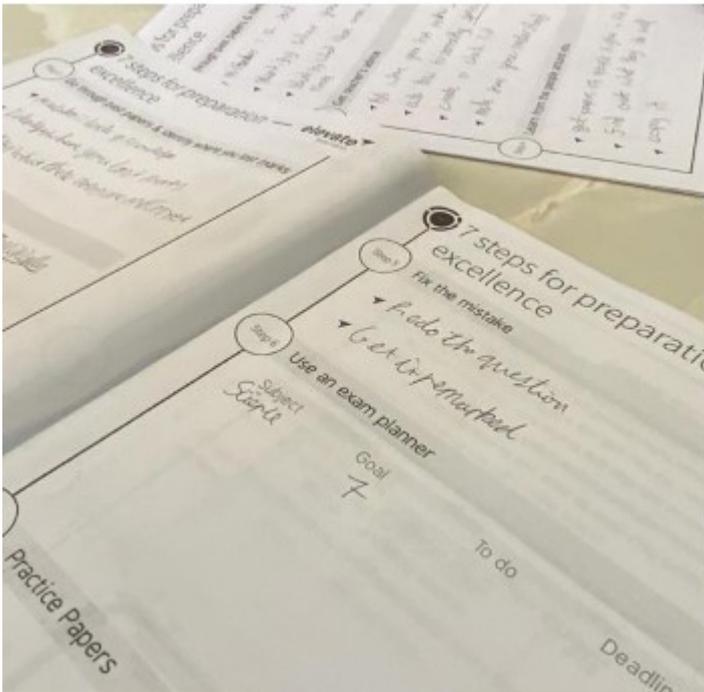
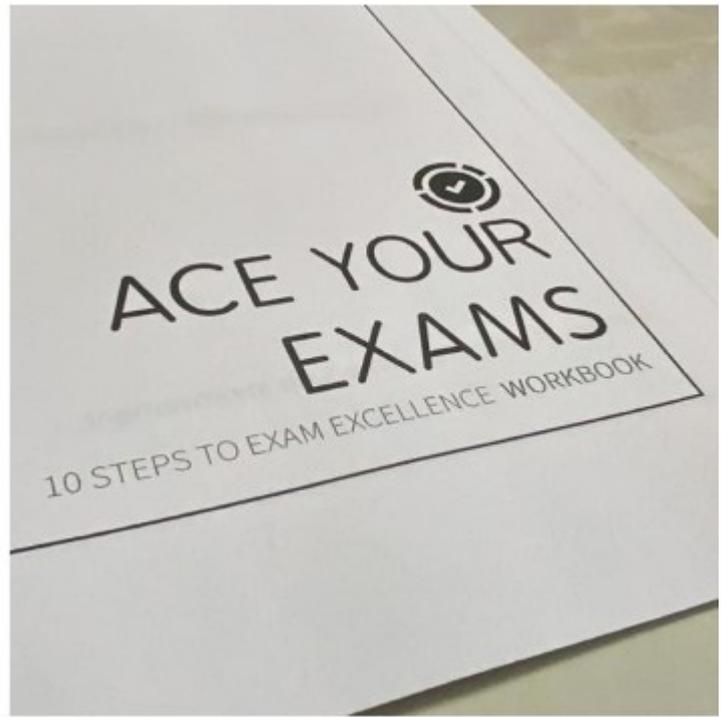
It's Electrifying!

7H demonstrate their knowledge and understanding of components within circuits along with using Voltmeter and Ammeters.

Good work class!

Mr Barratt

Electricity



Mrs Bray tells us,

“On Thursday, Elevate Education came into the school and delivered an ‘Ace Your Exams’ seminar to Year 11. The aim of the workshop was to reflect on the pre-mocks, fix mistakes to ensure constant improvement, understand time allocation during exam preparation, and discuss techniques for managing stress and time pressure. Year 11 embraced the workshop and came away with some great exam techniques! To ensure that the students feel empowered at home and at school, Elevate ran a parent seminar in the evening to discuss how parents can support their child during their GCSE year—a very well-attended and successful online event. Thank you to all for your support”.



Our Senior Lecture with Jane Chandler and Simon Minty was a huge success and enjoyed by all present. Simon spoke about living with a disability, the importance of inclusion and of course, plentiful reference to a popular TV programme...!



8 THINGS YOUTHS CAN DO TO BOOST THEIR MENTAL HEALTH



MIND AND BODY

Maintaining a well balanced diet, staying hydrated and following a regular sleep pattern is scientifically proven to keep your body and mind healthy.



EXERCISE

Regular exercise affects the brain on multiple fronts. It increases heart rate, which pumps more oxygen to the brain, improving mood and reducing stress and anxiety.



ORGANISATION

Time management is a great way of increasing productivity and reduce pressure. By keeping organised, you will save time looking for things and will have more time to work on important tasks.



SELF-CARE / LIFESTYLE

Practicing self-care techniques and general lifestyle changes can help manage the symptoms of many mental health problems. They may also help prevent some problems from developing or getting worse.



8 THINGS YOUTHS CAN DO TO BOOST THEIR MENTAL HEALTH



TALK TO SOMEONE

Talking to someone helps you to look at things in a different way and to find solutions. Don't bottle up your emotions, talk to your friends, family and teachers.



CHALLENGE

Challenge yourself to keep your self-esteem high. When you give up on yourself, you lose faith in your skills and knowledge, which consequently leads to a lower self-esteem.



CHECK IN

It's important to check in with yourself because we can become so absorbed in our thoughts and our subsequent reactions to them that we do not observe what is actually happening in the present moment.



PROBLEM SOLVE

When you experience a problem, try writing it down and try find a solution. Problem solving skills are highly sought after by employers as many companies rely on their employees to identify and solve problems.

