



YOUR SUMMER WELL-BEING

IN THIS EDITION:

SOCIAL MEDIA

**SUPPORTING OUR MENTAL
HEALTH DURING THE
SUMMER BREAK**

Summer is finally here and it's a great time to relax, recharge and have fun. It is equally important to take care of your mind as well as your body. Whether you are spending time with friends and family, trying something new, or enjoying the sunshine (hopefully), effective choices can make a big difference to your wellbeing.

This term's newsletter is all about enjoying your Summer holidays, using social media wisely and looking after yourself.

SOCIAL MEDIA

USING SOCIAL MEDIA WISELY

This term, we asked students their opinions about social media.

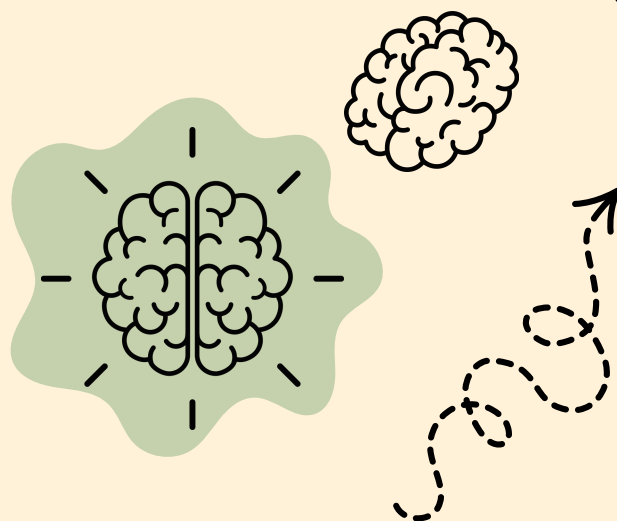
They agreed that although it can be a fun way to stay in touch and feel connected to others, too much time spent scrolling can sometimes lead to feelings of anxiety, especially if we compare ourselves to others.

We discussed how social media posts are often fashioned to promote lifestyles or experiences that often do not reflect everyday life and there was a good awareness of fake news.

Students were reminded about the age-restrictions for having social media accounts and why that is necessary to help to keep them safe.

Other reminders for keeping safe online include:

1. Set your accounts to private
2. Only accept friend requests from people you actually know
3. Think carefully about what you share online. Do not share personal information
4. If someone makes you feel uncomfortable, block them, report it and tell a trusted adult straight away



MAIN POINTS

- Try having a screen-free hour every day
- Place your phone away from you during meals and before bedtime to allow more opportunities to connect with the people around you
- Spend more time doing activities that are offline- perhaps draw, read a book or listen to music
- Remember that most people usually post about their best moments online and not about their everyday lives, so try not to compare yourself to others.

SUPPORTING OUR MENTAL HEALTH DURING THE SUMMER BREAK

You don't need expensive holidays or fancy equipment to have a great Summer. Here are some ideas for boosting wellbeing. Above all, enjoy your time and keep safe.

GET OUTSIDE

- Go for a walk
- Ride your bike
- Play football, basketball or another sport
- Have a picnic
- Go on day trips
- Go to a beach or woodlands

GET CREATIVE

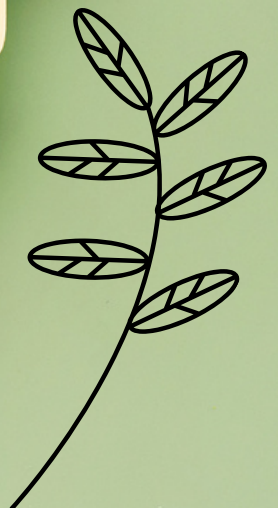
- Draw or paint
- Learn a new skill
- Try arts and crafts
- Keep a Summer journal
- Make something new

LEARN SOMETHING NEW

- Read a book you've always wanted to try
- Learn a few words in another language
- Try coding, gardening or cold cooking
- Visit a museum

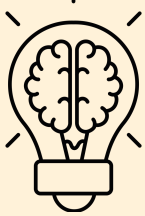
CONNECT WITH OTHERS

- Look for volunteering opportunities in your community
- Help someone at home
- Spend time with friends



USEFUL CONTACTS

HERTFORDSHIRE



- Here's a reminder that Hertfordshire County Council has launched a new site called Herts Hub, for advice, self-help and information about mental health and emotional wellbeing services. It can be found via this link: <https://hertshub.co.uk>

Also, if you'd like to find out more about Mental Health and Wellbeing services in your local area, please take a look at the Mental Health Portal on our school website, which contains links to mental health and wellbeing resources for each home borough of our students.



USEFUL WEBSITES:

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

www.samaritans.org.uk

