Edition 5, June/July 2024

# Yavneh Wellbeing Newsletter

Dear Parents,

There has been a lot of changes this year at Yavneh, both throughout the school and within the Pastoral team. A change of office for some members of the team and the trial period of the Wellbeing Cabin have proved to be a welcome addition for the students, and we've had such a positive reaction and feedback from our students about the spaces Yavneh has built for them to enhance their wellbeing.

We have said goodbye this year to Mr Harel and to Jamie, who have both made such significant impacts to our school community and the Pastoral team. Without Mr Harel, we would not have our excellent partnership with Gratitude, where students have the opportunity to volunteer for their local community, and Jamie's enthusiasm for both mentoring, and his push in coaching Girls' football have benefited many of our students too.

By far the biggest change was the aforementioned Wellbeing Cabin; which was completed toward the end of the winter term, and has been undergoing constant design and decorating updates since. With the help of our fabulous Wellbeing Champions in KS3, they have researched different ways to improve wellbeing, and how they can bring those theories into practice, such as which posters and furnishings will help students regulate themselves when they are feeling distressed.

As we move into the final half term of the year, there is still lots to look forward to, both in and out of school! The relocations of the IJE department and SEN Base will provide brilliant opportunities for both departments to expand in a bigger space, and as a reward for all the hard work they have been doing this academic year, I'm sure that activity week will be the perfect way to end the year! The Summer of Sport has just begun, with the Euros, Wimbledon, Paris Olympics all providing a great way to inspire exercise and sporting enthusiasm (which has been proven to improve wellbeing) and the release of the much-anticipated sequel Inside Out 2 – which is a great tool for understanding our own emotions and feelings too.

Thank you so much for keeping up with us all at Yavneh, and we look forward to a fantastic end of the year!

## Some helpful links!

https://www.bbc.co.uk/bitesize/articles/zntr7v4 – BBC Bitesize's World of Wellbeing series is a great way to learn about your own mental health and gains some brilliant advice - In this episode of World of Wellbeing, Ami Charlize and Radio 1's Dr Radha talk affirmations, body confidence and bullying. Ami shares her experiences of growing up and talks about how her confidence increased as she got older.

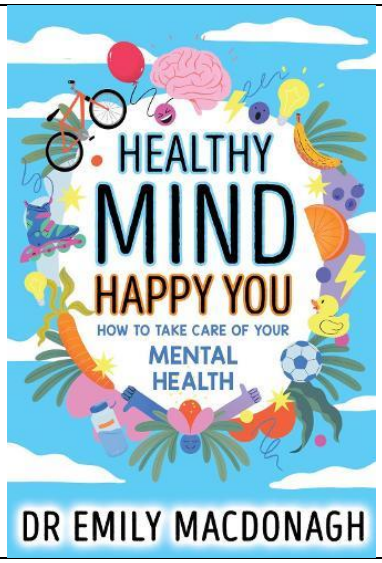
https://www.bbcgoodfood.com/howto/guide/eating-exams - Nutrition is one of the four legs on our Table of Wellbeing (the other three being sleep, exercise and relaxation) so knowing what to eat before a big exam will be a massive boost to anyone trying to maximise their potential!

The Five Ways to Good Mental Wellbeing & Judaism has been designed by Good Thinking in collaboration with Jami, in consultation with Rabbi Miriam Berger and Rabbi Daniel Epstein, with the support of The London Jewish Forum, Maccabi GB and the London Borough of Barnet. You can download the full leaflet here: https://good-thinking.s3.amazonaws.com/documents/Five_Ways_Wellbeing_Judiasm_v5_2.pdf

https://www.pajes.org.uk/resources_for_parents - PaJeS (Partnership for Jewish Schools) have produced a list of resources for parents to facilitate conversations with children of all ages to support them.

https://jamiuk.org/resources/mh-facts-and-tips/ - JAMI is the number 1 charity providing mental health support in the Jewish Community, they have produced some helpful resources and ideas for parents and carers to use.

## Mr Conway's Media Recommendations of the Month:

| Film | Book | TV |
|---|---|---|
|  |  |  |
| Joy, Sadness, Anger, Fear and Disgust have been running a successful operation by all accounts. However, when Anxiety shows up, they aren't sure how to feel. Now Riley is becoming a teenager, there are loads of new emotions she will have to learn to live with and love! Keep an eye (or an ear) out for a cameo from Made in Chelsea and I'm a Celeb winner Sam Thompson… | This reassuring, fact-packed book for girls and boys is all about how to maintain good mental health while growing up. Dr Emily MacDonagh, a practising NHS doctor talks about anxiety and mental health in a simple and friendly way - What is anxiety and how can you manage it? Why do people have low moods? How to understand and express your emotions. Plus, expert tips and practical information on self-esteem, resilience, and lots more. | The South African Journal for Research in Sport, Physical Education and Recreation published a study in 2016 that found that football fans' happiness increased whenever their country performed well at a tournament! England are looking like a favourite for the Euros this summer, so if you want to have a better day, spend 90 minutes watching the Three Lions bring the trophy home! |

## Coming up this Half-Term…

*For Parents:*

**Noa Girls Presents: 27th June - TEEN FRIENDSHIPS: NAVIGATING THE UPS AND DOWNS- 8pm Online session**

The third part of a series of talks from Dr Miranda Shemen for Parents at Yavneh, this talk is aimed at toxic friendships – understanding what they are and how they can affect our children.

In this talk, parents will learn:

- To identify the signs of toxic relationships
- How to help their child navigate these difficult situations
- Strategies to open dialogues with your teen about tricky friendships
- How to teach teens about healthy boundaries, self-worth and how to make informed decisions about their friendships
- Support teen social and emotional growth

noa
EDUCATION PROGRAMME

TALK FOR YAVNEH PARENTS
GIVEN BY DR MIRANDA SHEMEN

# TEEN FRIENDSHIPS:
# NAVIGATING THE UPS AND DOWNS

In this talk, parents will learn:

- To **identify the signs** of toxic relationships
- How to help their child **navigate** these difficult situations
- Strategies to **open dialogues** with your teen about tricky friendships
- How to teach teens about **healthy boundaries, self-worth** and how to make **informed decisions** about their friendships
- Support teen social and **emotional growth**

**THURSDAY 27TH JUNE 2024 | 8PM**
**TINYURL.COM/2KTT3TW4**

Please submit any questions to nauburn@yavnehcollege.org
These will be dealt with anonymously.

*For Pupils:*

It can take up to two years for people to realise they would actually qualify as a carer, especially when it is for a family member or a loved one; and it is even harder for young people to understand the vital role they sometimes find themselves in.

We are delighted to have a new contributor to WB News, our wonderful SENDCo Mrs Tredler, who will be giving us an insight into how wellbeing and SEND are closely linked in our new:

# SEND Section

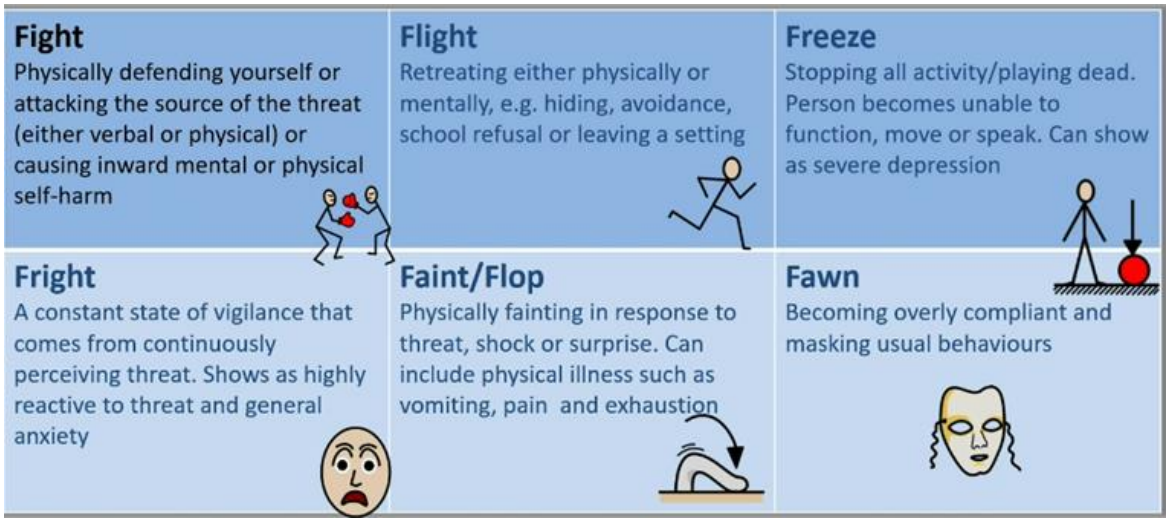
## Supporting Your Child's Mental Health and Wellbeing

Studies show children and young adults who are experiencing or have been diagnosed with a mental health concern and/or disability are more likely to also have Special Educational Needs and Disabilities (SEND). These pupils often feel anxious trying to 'fit into' a system that isn't always designed for their unique needs. Here at Yavneh College, we understand that good social, emotional and mental health (SEMH) is crucial and work hard to foster a supportive and understanding environment where every student can feel supported, understood and thrive.

In the upcoming editions, I'll be diving into how to spot the early signs of anxiety and sharing tips on how you can help your child flourish and together make a positive difference in the lives of our children.

## Firstly ……. a little bit of science:

When the brain faces stress or trauma, it kicks into action by sending signals to release special chemicals called **stress hormones**, like *cortisol* and *adrenaline*. These chemicals help your body get ready to deal with the situation, making your heart beat faster and making you more alert. These are commonly referred to the 'fight or flight' responses, however recent research has identified 6 recognised threat responses:




For additional information, please see NHS UK
https://www.nhs.uk/every-mind-matters/mental-health-issues/stress/

For additional information on threat responses:
https://www.nhs.uk/every-mind-matters/mental-health-issues/stress/

Please remember, we all go through times of low mood or anxiety that affect our overall wellbeing, just as we face challenges with our physical health. Our daily actions and choices impact our mental health; being mindful of these can help us stay balanced. Below, you can find information on the different types of mental health support available for children and young people in Hertfordshire.
https://www.hertfordshire.gov.uk/microsites/local-offer/services-for-children-and-young-people/mental-health-and-wellbeing.aspx

**Next time: How to spot when your child needs support with their mental health.**