

READ ALL ABOUT IT!!!



St John's
Catholic Specialist School

Wellbeing newsletter Term 1- Dec 2023

INTRODUCTION

We have made it to the end of the first term! Merry Christmas and thank you to all the staff for all your hard work. It has been a very busy term and it is always difficult at this time of year but we have had some excellent outcomes for our pupils. See below for more

Congratulations

Bob the newly appointed deputy Head of care and Bobbie who has stepped up to Team Leader in care group

Good Luck

Jackie Dyer, Alison Sweasey and Lisa Gill

Thank you

Emma Fowler for her on going wellbeing work with our pupils with her work in the student counsel and Pilates every week, even in the poor weather.



The amazing Emma Hodgkinson raised an incredible £1829 for Dystonia UK by shaving her head and then donating it to the little princess trust



READ ALL ABOUT IT!!!

Wellbeing and the environment

We hope you have noticed some of the cosmetic changes going on in school.

1. New fire doors for safety and protection for all
2. New ladies toilets off central Hall
3. Lots of re-furbs in the residential care area
4. The visitor's room.

In April we are embarking on upgrading and decorating the staff room, to make this a nice welcoming place. Rachel Blackburn will lead the project which starts in January. We would like some input and ideas on colour schemes, and some good solutions to make this a relaxing space. Rachel will start the planning at the start of term 2. If you are interested in being involved in a project steering group please email her.



Support your Mental health during the winter months

Seasonal Affective Disorder (SAD): More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the "winter blues," some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

Do you have mild symptoms that have lasted less than 2 weeks?

- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

These activities can make you feel better:

- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

Do you have more severe symptoms that have lasted more than 2 weeks?

- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

Seek professional help:

- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment, visit nimh.nih.gov/findhelp.

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org



nimh.nih.gov/sad

We are aware that people may struggle around this time of year due to many different reasons so find time to take care of yourself and talk to someone you trust about how you are feeling.

Well-being Wheels and Journals.

Why not start 2024 with your very own wellbeing Journal, these can be online or in a book where you can set yourself small goals and targets and make sure you set aside time in your day to check in on your eating habits (I'm not ready for this), sleep cycle and doing something for Joy. Reading for Joy is going to be one of mine.

Here are some links to some really nice journaling ideas.

[Download Printable Daily Wellness Journal Template PDF \(onplanners.com\)](https://onplanners.com)

[Self Care Planner Wellness Planner Self-care Planner - Etsy UK](https://www.etsy.com/uk/listing/1234567890/self-care-planner-wellness-planner-self-care-planner)

[Clever Fox Self-Care Journal – Wellness & Daily Reflection Notebook – Mental Health & Personal Development Journal – Self-Care, Meditation & Mood Journal for Women & Men – A5 Size \(Rose Gold\) : Amazon.co.uk: Stationery & Office Supplies](https://www.amazon.co.uk/dp/B08XJYJYJY)

Managing money at Christmas

Money can be a difficult thing to talk about especially with co-workers, Christmas can be a time of year that puts pressure on people to spend more than they can afford or put themselves in debt that they normally wouldn't (use credit cards, get pay day loans) there are some helpful tips to help.

1. Plan before you spend – set a budget and stick to it taking into account bills and other priorities
2. Keep track of your spending- keep a list of what you have spent on who and what else you need
3. Do 'family gifts' or secret santa
4. Buy second hand – make use of charity shops or apps like vinted to keep costs down
5. Avoid buy now, pay later – this may help with December but may cause issues in later months and it can be easy to forget you have these payments upcoming .
6. Be Honest!! – if you are struggling or are not able to spend as much as you would like, talk to your family/friends and discuss ways you can still have a nice Christmas: pot luck christmas dinners, homemade gifts, going for a meal in the new year rather than presents or an agreement to only buy for certain people.
7. There is advice out there to help you manage your money including your bank

<https://www.citizensadvice.org.uk/debt-and-money/>
<https://www.gov.uk/debt-advice>



Christmas and Autism

As we get closer to the big day we may see a change in behaviour from our pupils (and even some of our staff), it would be easy to write this off as giddiness or a need for a well-deserved break but it is important to remember that even though we have Christmas as a time of joy and happiness it can be extremely overwhelming to some. Those who have an autism diagnosis or any difficulties with sensory overload or changes to routine may find this time of year very hard to process with all the changes, decorations and loud busy places. It is important to remember that we need to provide safe and sensory friendly spaces for those who may need it.



READ ALL ABOUT IT!!!

Christmas Performance

A big thank you to Mr Frith, Miss Murray and everyone else involved in making the Christmas performance so wonderful. The students all had an amazing time and it is lovely that we get to welcome in parents and careers to an event like this. THANK YOU 😊



Usefull links

Westfield Health wellbeing offer- My Health - health and wellbeing services | Westfield Health [Health & wellbeing for individuals & business | Westfield Health](#)

Leeds City council free counselling support <https://bit.ly/LCC-EAP>

Mind Mate specialists for young people MindMate - Emotional wellbeing and mental health
MindMate - Emotional wellbeing and mental health

Mental Health UK also have an interesting booklets and resources for charity events and raising awareness. [Mental Health UK - Forward Together \(mentalhealth-uk.org\)](https://www.mentalhealth-uk.org/)



Merry Christmas to all, Have an amazing break