



# Whitcliffe Mount Wellbeing and Mental Health Newsletter

Summer Newsletter

## Summer of Self-Care

6 weeks off, long summer days, fun activities, spending time with family and friends... Whilst lots of us are looking forward to the long summer holiday, it can come with its own difficulties for some. The change in routine, lack of structure, expectation to fit in, can all have a negative impact on our mental health. The last newsletter of the 2024-25 academic year is all about taking care of yourself and your mental health over the holidays.



## Summer of Self-Care



Here are some things you can do to stay mentally healthy over the summer holidays:

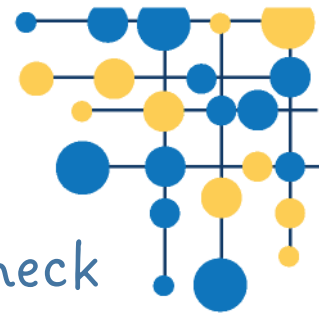
1. Take care of yourself! Stay active, eat well, get enough sleep
2. Seek support if you need it, this might be a chat with a family member or friend, or there are links to agencies that can support with mental health on the last page of this newsletter
3. Create a summer holiday routine. Be real with yourself – you are probably not going to get up at the time you would for school! Include the every day things you need to do, brushing your teeth, having a wash, planning your meals. Without routine, taking care of yourself can begin to feel overwhelming
4. Set some goals. This could be to go somewhere new, try a new recipe, or try a new hobby.
5. Take a break from social media. Spend time face to face
6. Check out the self care techniques on this page:

[Self-Care Resources For Young People | Anna Freud](#)



## Summer of Self-Care

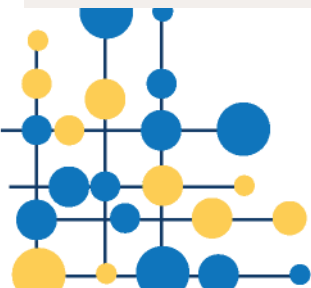
How many activities can you check off over summer?



# Self-care Summer Bingo

TAKE A WALK	TALK TO A FRIEND	READ A BOOK	SET GOALS FOR THE FUTURE
WRITE 3 POSITIVE THINGS YOU DID	COOK A HEALTHY MEAL	CREATE A SUMMER PLAYLIST	HAVE BALANCED SLEEP
TAKE ON A PHOTO CHALLENGE	WATCH YOUR FAVOURITE FILM	TRY A NEW HOBBY	TAKE TIME AWAY FROM TECHNOLOGY
ORGANISE YOUR DAY	BE KIND TO YOURSELF	SPEND TIME OUTSIDE	DO SOMETHING CREATIVE

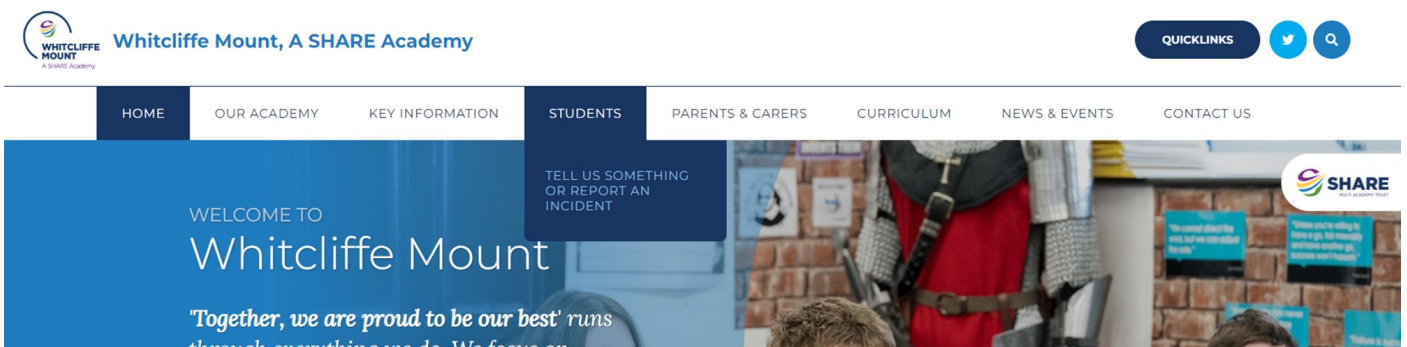
[www.annafreud.org/selfcare](http://www.annafreud.org/selfcare)



# Where can you access support for your mental health and wellbeing?



Our school website has access to lots of resources to support your mental health and wellbeing [Whitcliffe Mount, A SHARE Academy - Mental Health, Wellbeing & Pastoral Care](#)



Pages 17 & 18 in your school planner has lots of information of where you can access external support.

Below are links to a few external agencies that can also support your mental health and wellbeing.

**YOUNGMINDS**  
fighting for young people's mental health

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Kooth is an online and confidential service giving help and advice about emotional health  
kooth.com



Text SHOUT to 85258

shout 85258 here for you 24/7

**Anna Freud**  
National Centre for Children and Families

[www.annafreud.org](http://www.annafreud.org)

