

With you in mind



With you in mind

At Harington School we are passionate about raising student achievement and always work tirelessly to ensure that no one is ever left behind. We do this by providing a high-quality curriculum, outstanding teaching and learning opportunities with a first-rate pastoral system. We recognise that students and staff only perform to their potential when they feel safe, happy and well supported. The small school, family feel at Harington allows us to do just that.

Our **'With You in Mind'** strategy draws on the latest NHS and government guidance on how to promote positive mental health in schools.

It consists of five principles:

1. Making connections
2. Being physically active
3. Learning new skills
4. Give to others
5. Paying attention to the present moment

We encourage these behaviours on a daily basis via the use of assemblies and PSHE sessions, our wellbeing activities programme on a Friday afternoon and through our dedicated Engagement Team. However, in order to maximise their effectiveness students and staff must apply these principles to their everyday lives and encourage their friends and families to do the same.

In this booklet you will find an explanation for each of the five principles, ways in which the School actively encourages these behaviours and suggestions as to how they can be promoted outside of school and in the future. For those students who require additional support with their mental wellbeing we also offer advice on where this support can be found.



Mr Teasel
Head of School



Mr Raine
Mental Health Lead and
Designated Safeguarding Lead



Making connections

When we feel sad or experience negative thoughts there is often a temptation to shut ourselves off to the rest of the world - stop talking to friends and family and retreat to a small intimate space like our bedroom. Instinctively this feels like the right thing to do and may initially provide the feelings of safety and comfort we crave. However, this is not a long-term solution and overtime will only serve to perpetuate our feelings of loneliness and isolation.

Building strong and meaningful connections with others provides the cornerstone to maintaining positive mental health. Good relationships allow us to feel a sense of belonging, share positive experiences and provide / receive emotional support from others.

To make connections in school could become:

- Get involved with one of the many well-being activities on offer - Greenpower, Young Enterprise, sport or performing arts, Eco Team, board games and DocSoc to name but a few. Taking part in activities and volunteering will allow you to meet people outside of your current friendship group.
- Make use of the pool table, table football and table tennis facilities with your friends. Alternatively sit for a chat on the sofas or outdoor seating area.
- Speak to any member of staff or a member of the Engagement Team. All will be happy to offer support.

Alternatively email your concerns to wellbeing@haringtonschool.com and a member of our team will be in touch.

Outside of School:

- Take time each day to be with your family, for example eat dinner together each evening.
- Arrange a day out with your friends. Do not rely on technology or social media to stay in touch.
- Volunteer at a local school, club or community group. It's so rewarding to offer support and company to someone else. It also fulfils one of your Passport pledges.

TIP

Volunteer to run an activity for a wellbeing day or on a Friday afternoon. Sharing your expertise in an area with others is an excellent way to make new connections and feel part of our Harington School community.



Being physically active

Being active is not only important for your physical health and fitness. Empirical evidence shows it can improve your mental well-being by raising self-esteem, setting and achieving goals and causing chemical changes in the brain which positively influence our mood.

In school you could:

- Take part in a sporting well-being activity each week like football, netball, badminton, yoga or just dance.
- Go for a walk at lunchtime. The field next to Harington School contains a great one mile activity circuit.
- Think about how you travel to school. Is it possible to walk or cycle each day? Could you leave the car at home or walk to the next bus stop to increase your step count?

Outside of school you could:

- Join a sports team or club. This will increase your activity levels and allow you to meet new people.
- Complete an online exercise programme. The Body Coach Joe Wicks may provide a useful starting point.
- Go for a walk, run or cycle with your family. Rutland and the surrounding area provide some of the best outdoor space in the country and we should all make good use of it.



Learning new skills

Research shows that learning new skills can improve our mental health by boosting self-confidence, giving us a sense of purpose and helping us to connect with others. Set aside some time each week to:

- Learn to cook something new (this will be great for those planning to live in self-catered accommodation at university). Throughout the year we offer a range of opportunities for you to hone your culinary skills. These include pancake day, Caribbean cooking and our inter form competition 'bake it or fake it'.
- Learn a musical instrument. We have two music rooms for you to practise in and offer peripatetic music lessons in a range of instruments. If you are interested please email tcurley@haringtonschool.com
- Learn a new language. The free Duolingo app is a great place to start and the MFL team at Harington will be more than willing to converse with you.



Give to others

Acts of giving and kindness can help to improve our mental health. They also allow us to contribute to the Harington family in a meaningful way.

- Say thank you to someone for something they have done for you. You could nominate another student for a postcard or a member of staff for our weekly 'Spin the Wheel' awards.
- Apply for one of the student leadership roles. These include head student, subject ambassador, engagement team, charities committee, librarian, senator and many more.
- Volunteer in your local community. Why not become a reading buddy to a Year 7 student at Catmose College, coach a sports team or volunteer at a school, hospital or care home? Aside from improving your mental wellbeing, this will also look great on your UCAS application.

Paying attention to the moment

Paying more attention to the world around you can improve your mental well-being. This includes your thoughts and feelings, your body and your environment.

- Sleep and eat well. Aim to get between 7 and 9 hours sleep each night. If you struggle to get to sleep try taking a bath or reading a book. Avoid using electronic devices at least one hour before going to bed as the bright light can over stimulate the mind, making it difficult for you to fall asleep.
- Eat a healthy, balanced diet which consists of fresh fruit and vegetables which limits the amount of processed and ultra-processed food you consume. Make sure you stay hydrated by drinking enough water and try to avoid too much caffeine.
- Aim to reduce your screen time. Studies show that teenagers spend an average of between 8 - 9 hours each day looking at screens. This can be reduced in school by turning off devices at lunch time and talking to your friends instead. Setting limits on how much time you spend each day at the computer having screen free days and by not multi-tasking (checking social media and sending messages whilst doing private study). Remember, mobile phones should not be out in lessons unless their use has been requested by the teacher.
- When using social media focus your attention on positive role models. Negative role models will disrupt your news feed and lead to negative stories being shared with you.
- Spend more time outside and connect with nature. Try going for a walk in the countryside. What can you see, touch, taste, hear and smell? A brisk 10 minute walk each day at lunch time has lots of health benefits and count towards your 150 minutes of weekly exercise. You may also benefit from taking part in the Duke of Edinburgh awards scheme. At Harington we offer the Silver and Gold awards to all students regardless of whether the DofE Bronze award has been completed. Please contact rkerley@haringtonschool.com for more information.

TIP

Take pride in your surroundings, make your bedroom tidy and comfortable so that it is a relaxing place to sleep.

TIP

If you are feeling anxious try the following grounding technique
5,4,3,2,1
5 deep breaths
4 things you can see
3 things you can hear
2 things you can touch
1 thing that you can smell.

TIP

Check the screen time on your mobile device to see how much time you are spending on your phone each day. Have you got the balance right?



Useful information

The Harington 'With You in Mind' strategy is designed to promote healthy habits which will hopefully last a lifetime. Just like any school we want our students to work hard and achieve their academic potential. But we also want them to be happy and strike an appropriate work, life balance. If you require any additional information about our 'With You in Mind' approach please do not hesitate to contact us at office@haringtonschool.com

If a you (or a friend) require support with your (their) mental health at Harington School, you can access it by any of the following ways.

- Speaking to any member of staff. Mr Raine is our Mental Health Lead.
- Speaking to a member of the student Engagement Team
- Emailing wellbeing@haringtonschool.com

On the web:

- There are a range of resources online to help you look after your mental health and wellbeing or to get the support you need, like the Better Health – Every Mind Matters. This NHS approved website is full of free resources to help you look after your own mental wellbeing and to support others - <https://www.nhs.uk/every-mind-matters/>
- A Free personalised Mind Plan provides practical tips to help you deal with anxiety and stress, boost your mood, sleep better and feel more in control. Amazon Alexa users can just say 'Alexa, start my Mind Plan' for help today - <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/>
- **Kooth** provides professional support for young people with mental health concerns and allows children and young people to choose how they want to access help through live counselling, messaging and forums. Access to Kooth is immediate, there is no need for a referral and no waiting lists. <https://www.kooth.com/>
- **Young minds** provide young people with advice and reassurance to help them make positive choices for their mental health. It provided lots of self help tips and advice on a variety of issues and can provide signposting to appropriate services. <https://www.youngminds.org.uk/>

In the library:

We have a section in the Harington Library devoted to maintaining positive mental health, There are a number of useful books which offer advice and support.

You could also try:

- Talking to your parents or family member
- Your GP
- A trained therapist
- The Samaritans - <https://selfhelp.samaritans.org/>

If you're having thoughts of suicide, are self – harming or have thoughts about self – harm, it's important to tell someone. If you don't feel you can keep yourself or someone else safe, call 999.

