



HARLESTON SANCROFT
ACADEMY

Headteacher: Mr Rob Connelly BSc. (Hons)
Primary Phase: 01379 853211
e: primary@sancroft.stbenets.org
Secondary Phase: 01379 852561
e: secondary@sancroft.stbenets.org
w: sancroft.stbenets.org
t: @SancroftAcademy



Diocese of Norwich
St Benet's
Multi Academy Trust

Value for this half term: **Hope**

Theme for this week (16 - 20 October 2023): **Jesus the Hope of the World**

Life Skills theme for the week: **We are able to appreciate other students and staff**

Life in All its Fullness:

Last week's French trip was a great success, with students learning about the history and culture of the area and enjoying a really enriching experience. Thank you to all the staff involved and to the students for being such excellent ambassadors for our school overseas.

Our Vision

The Harleston Sancroft Academy is a community that flourishes, through God's love, to live

'Life in All its Fullness'

(JOHN 10:10 AND JOHN 13:34).

We are a foundation of **Hope**; a family of **Love**; a school of nurture guided by **Faith**; promoting a unique, personalised journey towards excellence.



Prioritising good mental health

This week's Life Skills theme is around appreciating others. Of course, as human beings we all welcome being noticed and appreciated in our various roles as friends, siblings, students, parents and carers, work colleagues and so on. This year's official theme for World Mental Health Day is: 'Mental health is a universal human right', as set by the [World Federation for Mental Health](#).

Mental Health UK states: "We know that harmful barriers to good mental health still exist in our homes, schools, and workplaces; [this year] we invite everyone to join us by pledging to protect, promote, and respect mental health in our communities.

With your help, we can encourage everyone to commit to making mental health a priority. There are some great resources and ideas for 'pledges' [here](#) to encourage all of us to better support each other's mental health.

In addition, Thursday 2 November is 'National Stress Awareness Day'. Linked to managing unhealthy levels of stress and in line with prioritising good mental health, over the last few days, you might have already seen the Government's current campaign: "**What's your 'little big thing'?**"



The idea behind this campaign is that everyone finds the small things which we can do regularly to lift our mood: "When you're feeling low or struggling to cope, doing something about it can seem daunting, overwhelming and far too difficult. And you often can't imagine anything having a positive effect on how you feel, especially something small.

However, it IS possible. And there are many things you can do to help yourself. The NHS-approved *Better Health – Every Mind Matters* website has a host of great ideas and free resources to help improve your mental health.

One of the best ways is to find something you enjoy doing that lifts your mood and make it part of your daily routine. So why not try:

Getting active

Getting active isn't just good for you physically but mentally, too, helping you burn off nervous energy and lowering your stress levels. It's not just good for you physically but mentally, too, helping you burn off nervous energy and lowering your stress levels. Find something you love, whether it's dancing, kicking a



ball around, Zumba or yoga – and do it regularly. If you like walking or running, download NHS apps such as the *Active 10 walking tracker* or *Couch to 5K challenge* to help you build good habits.

Talking to someone you trust

Opening up and telling someone how you feel is great for your mental health – and stops you feeling lonely, too. Yes, it may seem difficult initially but when you do, it's not only a load off your mind but will help your chosen loved one or friend understand what you are going through. It doesn't even have to be face to face – give them a call or chat online and you'll find out that it's good to talk.

Making fun plans

If you are finding things tough, get something to look forward to in the diary. It will counter any boredom and lethargy you're feeling by boosting your mood and giving you energy. And it doesn't have to cost – walking the dog with a friend or visiting a free local attraction can make you feel so much better.

Managing your feelings

Sometimes we're our own worst enemy, developing negative thought patterns that keep us feeling down. Recognising this and doing something about it can be great for mental health.

Go to the NHS *Every Mind Matters* website for free, practical advice on how to deal with unhelpful thoughts and work through problems in more positive ways.

Stepping into nature

Spending time in parks and gardens can lift your mood and help you feel more relaxed. Or why not bring the outdoors in by growing plants on windowsills and balconies?

Sleeping well

Having a good night's sleep makes a huge difference to how we feel. And if we're tossing and turning, it's all too easy to start focusing on our problems and concerns. So don't struggle. Get out of bed and do something, such as reading a book, until you feel tired again. *Every Mind Matters* has tips and an email programme to help you develop good bedtime habits.



Find your 'little big thing' with Every Mind Matters. Visit nhs.uk/every-mind-matters

“Get 'appy...”

The free NHS App is a simple and secure way to access a range of services, including help for mental health. It is available to all patients aged 13 and over who are registered with an NHS GP practice in England and the Isle of Man.

Download the NHS App in order to:

Get health advice

Find NHS services near you


Order repeat prescriptions

View your GP health record securely.

For more information, visit nhs.uk/nhs-app. Download from the App Store or Google Play.

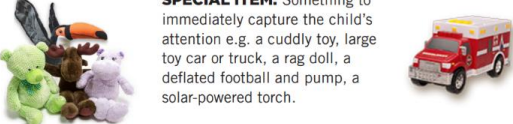
Supporting charities:

Thank you for the generous donations already received for the shoebox appeal (*Operation Christmas Child*). Should you still wish to send an item, all donations will be gratefully received, ideally before the end of the school day on Tuesday 17 October. For reference, there is more information about the appeal [here](#) and a list of shoebox gift ideas below:




SHOEBOX GIFT IDEAS (AGE 5-9)

SPECIAL ITEM: Something to immediately capture the child's attention e.g. a cuddly toy, large toy car or truck, a rag doll, a deflated football and pump, a solar-powered torch.



SCHOOL SUPPLIES AND CREATIVE ACTIVITIES: Pencil case; crayons; writing pens and pencils; colouring pens and pencils; highlighters; child friendly pencil sharpener; ruler; eraser; glue stick (not liquid glue); safety scissors; small adhesive tape; notebook; drawing pad; colouring book; solid paint palette and paint brushes set; pre-inked stampers; pavement chalk; whiteboard and dry wipe pens; stencils; mini Spirograph kit; solar calculator; stickers.

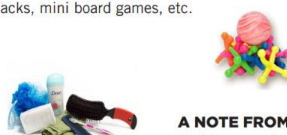
ACCESSORIES: Baseball cap; sunglasses; woolly hat, gloves, mittens, scarf; hair ties, bows and dress-up headbands; small backpack, handbag or drawstring bag; purse or wallet; children's jewellery, watch, reusable non-breakable containers e.g cup, water bottle, plate, bowl; small items of clothing e.g. socks, flip-flops, T-shirt.




TOYS: Skipping rope; tennis ball; building bricks/Lego type kit; click together model; glider kit (non-military); bead kit; play people; animal figures; dinosaurs; foldable play mat e.g. farm, zoo, city or racetrack; transport toys e.g. car, train, plane, truck or boat; plastic doll; hand or finger puppets; play dough (ideally with cookie cutters and play tools); toy tools; slinky; yo-yo; dominoes; spinning top; kaleidoscope; toy binoculars; finger skateboard; wind-up or pull-back toy; bouncy ball; inflatable beach ball; small frisbee, small kite, interactive toys that include push buttons, lights and noise (include extra batteries).

MUSICAL INSTRUMENTS: Tambourine, shaker, bells, sports whistle, recorder, harmonica, slide whistle, tin whistle, finger drums, maracas, triangle, mini xylophone, kazoo, castanets.

GAMES: Card games, small puzzles, puzzle cubes, jacks, mini board games, etc.



A NOTE FROM YOU: Christmas card, note of greeting, photo of yourself/your family.



HYGIENE ITEMS: Toothbrush, hairbrush, comb, bar of soap, flannel, sponge, washmitt, chapstick, compact mirror (ensure protected).

DO NOT INCLUDE: Toothpaste, sweets, lotions and liquids; used or damaged items; war-related items; seeds, gum, chocolate or food items; religious or political literature; medicines, aerosol cans, sharp or fragile items.

Online Safety Newsletters:



Staying Safe

The school community is committed to ensuring that our students are educated about the online world and that they become increasingly aware of how to keep themselves safe. Parents and carers will often ask how they can also support their child, how they can stay up to date with the latest apps that children are using, and how they can take a more active role monitoring their child's use of devices at home.

In the last newsletter for parents and carers, we included the guide to using parental controls on devices and our Online Safety newsletters for September and October.

Key dates for October:

Y11 *Revision Evening* (for students & parents/carers) - Tues
17 Oct '23 - 17:00-18:30

Friends of Harleston Sancroft Academy AGM - Tues 17 Oct -
from 19:15

Y7 *Reading Together Evening* - Thurs 19 Oct '23 - 17:30 -
18:30

October half-term holiday: Mon 23 Oct - Fri 27 Oct '23

Students return to school after the holiday: Mon 30 Oct '23



School website and X/Twitter: The [school website](#) is a useful source of information.

Please also visit the Harleston Sancroft Academy [X/Twitter feed](#) for photos and updates.

Prayer - importance of good mental health

God of compassion,

You meant for us to be both fragile and ordinary.

Silence the voices that say we are not good enough,
haven't achieved enough, haven't enough to show for our lives, that we are not enough.

Help us to know that we are treasure. We are prized. We are cherished. We are loved, infinitely.

Amen.

