Happy Holidays from the Mental Health Team!

Ideas for good mental health over the summer:

- **Keep a routine** – get up at the same sort of time, eat meals at the same sort of time. Have plans in advance so that you know what you are doing when you get up. You could use the calendar on your phone, or a paper one.
- **Spend time outside** – green spaces are proven to make you feel more relaxed. Have fun, be daft! Splash in water, roll down grassy banks, lie under a tree and gaze at the sun sparkling through the leaves.







Ideas for good mental health over the summer:

- **Exercise every day** – a gentle walk, a vigorous run, a game of tennis – helping out digging the garden… anything to get the blood pumping faster around your body. This releases endorphins, or ‘happy hormones’.

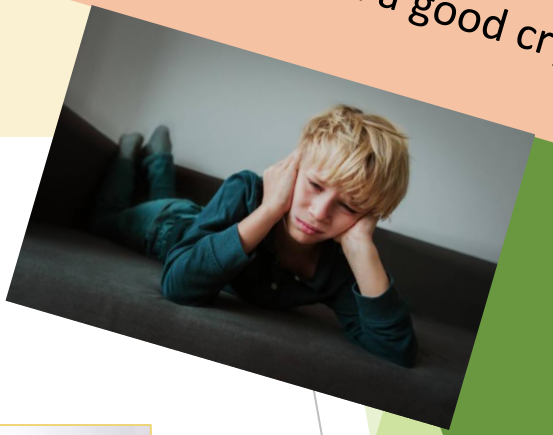


- **Make a diary, or even a journal.** Stick in tickets, decorate it, write in thoughts or describe a great day. Share with a favourite member of staff in September, or show no-one – you choose!!
- You don’t need to write in it every day if you don’t want to. It can be for any activity or emotion – happy or otherwise.

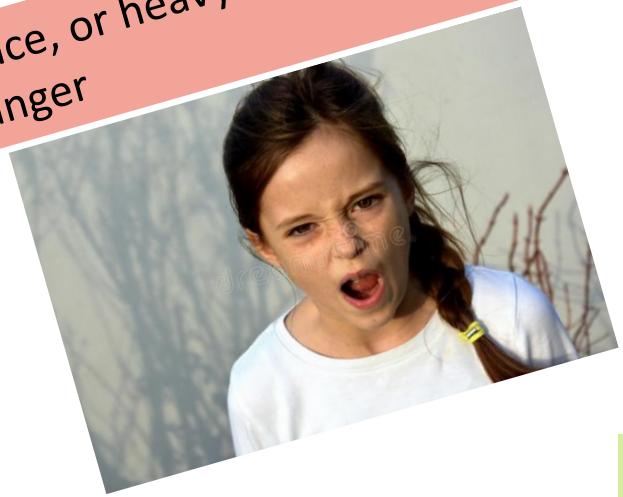


Music for your mood…

Try sad movie tracks, Phoebe Bridger or Radiohead if you need a good cry



Try Beyonce, or heavy rock music to release anger



Try Cavetown or relaxing piano music to calm you down



Try Rap (clean!) to liven you up



Run, knit, read, dance, skateboard, play cards, grow things!













Get comfy, and listen to an audiobook…



Or clear a space to feel calm…



Helpline numbers

Remember that these lines can be used by any young people needing support.

Unless they feel your life is in danger, the calls are anonymous. You don't have to give your name if you don't want.

You can call these lines as many times as you need to, day or night.

shout 85258

Text SHOUT to 85258 to contact the Shout textline

HOPELINE247

Call HOPELINE247 on 0800 068 4141

Contacting Childline | Childline

Parents Support…

The holidays can feel long and overwhelming for parents too.

Remember that not every day has to be all-singing, all-dancing!

The students will need some days to relax and process the busy school year, and that's OK.

There are lots of support pages on School TV, including some nice short video clips on a range of challenges you may face. Just follow the link below:

All Editions | The Levels School



Parents support continued:

If you and/or your child needs extra support over the holidays, please click on the appropriate link below to see if your Local Authority can help:

Somerset SEND Offer Somerset's SEND Local Offer

BANES Special Educational Need or Disability (SEND) Local Offer | Live Well in Bath & North East Somerset

Dorset SEND Local Offer - Dorset Council

Devon Devon's SEND Local Offer - help and support for children with SEND

North Somerset SEND Hub (Local Offer) | North Somerset Council