

Spring Term - April 2025

Looking After Your Wellbeing

Welcome to another of our 'Mental Health & Well-Being for All' sheets. The aim of these sheets is to help sign-post and look at strategies for managing our mental health and well-being. If you can take the time to read through this sheet with your child that would be great! The purpose of these sheets however is NOT just about our student's well-being, it is about each and every member of the Dormston Communities well-being. If you come across anything that you think may be useful to share or have found any really good mental health strategies or signposts please feel free to email kotton@dormston.dudley.sch.uk. We are not Mental Health experts, but hopefully by learning and working together on this subject we could really make a difference to the Dormston Community!

Active April 2025 Calendar


Please see our **Active April 2025 Calendar**. If you want to know more, why not take a look at this video <https://www.youtube.com/watch?v=hGXirr5oO3o>

Top 3 Tips for an Active April

Here are 3 tips for an Active April:

1. Get a daily dose of daylight to help boost your mood. Aim for 10 - 20 minutes a day, every day!
2. Stay hydrated. Water is essential for all our bodily processes. Try and drink a little bit more water. Have a glass of water before you have your cup of tea or coffee.
3. Take some energy breaks to fight of sluggishness. Get up and stretch or march on the spot!

Active April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	
7 Get natural light early in the day. Dim the lights in the evening	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time
14 Relax your body & mind with yoga, tai chi or meditation	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today
21 Regularly pause to stretch and breathe during the day	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil
 28 Meet a friend outside for a walk and a chat	29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today				

ACTION FOR HAPPINESS

Happier · Kinder · Together

Spring Term 2 - 2025 - Mental Health Message

The Rewards from The Great Outdoors

By design as a species we are meant to be outdoors. Some of the benefits to our well-being are obvious, but now research shows the extent of just how our mental and physical health is boosted by time outside.

Of course, it's not always easy or appealing in this part of the world, but after the long dark winter nights it's time to charge our batteries in the spring and summer. Just five minutes outside can have an impact on areas such as sleep, stress levels and our immune system.

Exposure to direct outdoor sunlight within the first hour of waking helps to set our Circadian Rhythm which regulates our sleep patterns. People who exercise more outside have increased levels of serotonin which improves mood. Being outside also helps our body produce Vitamin D which strengthens the immune system.

Getting outside is particularly vital for the all-round development of youngsters, especially with the current trend for sedentary, indoor, digital device-based activities. Research shows *"having kids play outside helps them gain advanced motor skills. It also lowers body mass and leads to better general health, including improved muscle strength, boosted immune system, and an improved mood. Next, outdoor play has numerous social benefits which include better peer-to-peer relationships, greater self-awareness and an appreciation for the environment. Finally, there are multiple emotional and intellectual development benefits of outdoor play such as the use of all the senses and additional brain development."*

So, now the spring is here and the sun is (sometimes) shining, make the most of the local parks, fields and trails wherever possible.

Best wishes.

Mr Plant

Mr Plant

KS3 Reflexions Workshop

With the exam season almost upon us we have organised a Parent/Carer Workshop which looks at helping pupils cope with exam stress. The session will be run by Dudley Reflexions and they will look to offer tips and advice to help you navigate what can be a difficult period for young people. This event for KS3 will take place on Wednesday 30 April 2025. If you would like to attend could you please email akeen@dormston.dudley.sch.uk



How to support your child with exam stress (KS3)

A workshop led by Reflexions

Wednesday 30 April 2025



SPRING YOUR WORRIES AWAY

Join us for a spring-themed worry management workshop where children will learn effective strategies to manage their worries. Through fun, seasonal activities, they'll discover techniques to help them feel calm, confident, and in control, all while enjoying the joys of spring and boosting their mental wellbeing.

Wednesday 16th April
1:00pm - 3:00pm
DY1 Building, Stafford Street, Dudley,
DY1 1RT

Tuesday 22nd April
1:00PM - 3:00PM
St Thomas' Church Hall, Market St
DY8 1AQ




To book onto a workshop, please email bchft.reflexions@nhs.net

Please note, this is a one-off workshop and not a holiday club; participants can only attend this specific workshop once. However, you are welcome to join other Reflexions workshops on different topics in the future.

Parent Webinar Opportunity - Thursday 24 April 2025

Please find below information for a Parent Webinar that takes place on Thursday 24 April 2025 at 3.00pm via MS Teams. It will be looking at how to recognise and understand anxiety in children and young people.



Black Country Healthcare
NHS Foundation Trust


PARENT WEBINAR

RECOGNISING AND UNDERSTANDING

Anxiety in Children and Young People

Thursday 24th April
3:00pm - 4:00PM
Via MS Teams

To register your interest, please [click here](#) or scan the QR code below!



AIMS OF THE SESSION

- What is Anxiety?
- How anxiety affects children and young people?
- Strategies to support your young person

tcs Mini London Marathon in Schools

As part of our push to get pupils more involved in outdoor activity we are taking part in this year's Mini London Marathon in schools. All pupils will be able to complete a 2-mile course during their PE lessons WC 28 April 2025. All who complete the course will gain a certificate, positive points and bragging rights!



ROUTES - DUDLEY


ROUTES - DUDLEY is a safe space for young people aged 13-25 to turn to when they experience challenges or adversity in their day-to-day lives. The team aims to empower young people to reach their potential, no matter their circumstances.

CRANSTOUN


ROUTES - DUDLEY

Every young person deserves a safe space

ROUTES is a walk-in, Youth Advice Hub for young people aged 13-25 at Merry Hill Shopping Centre in Dudley.



cranstoun.org



Choose Your ROUTE

ROUTES - DUDLEY is a safe space for young people aged 13-25 to turn to when they experience challenges or adversity in their day-to-day lives. Our team aims to empower young people to reach their potential, no matter their circumstances.

About ROUTES - DUDLEY

This hub is a walk-in, youth friendly space which allows young people to access information, advice, early interventions and a range of support services.


What is available at ROUTES?

- Open door to walk-in without an appointment to access information, advice and support (Tuesday to Friday 3pm – 7pm, Saturday 10am – 4pm)
- Health and wellbeing coaching & support
- Stop smoking/vaping support (16+)
- Sexual health & free condoms/STI screening
- Drug and alcohol support
- Education and career planning
- Access to onsite groups and clubs
- Signposting and onward referral
- Other support/specialist services available to drop-in and see a worker. Check website for our latest timetable

ROUTES - DUDLEY

The Boulevard
Merry Hill
Shopping Centre
Dudley
DY5 1QX

T: 01384 880687
E: routesdudley@cranstoun.org.uk



Visit our website at:
cranstoun.org

