

WOW

Working On Wellbeing



LET'S TALK ABOUT LONELINESS

Everyone can feel lonely and isolated at times. While this can feel really tough. It doesn't mean there is something wrong with you. We all like feeling close to someone and loneliness strikes when we are lacking that sense of connection. This can happen when you're not around people at all, or when you're around lots of people but they just don't get you. It can also happen when you don't feel your relationships are meaningful enough.

Loneliness isn't a mental health problem but it can change how you may feel, it may make you feel lost, low and bad about yourself. Likewise, if you're struggling with your mental health, you might find it harder to be around people or just want to stay inside. That can feel quite isolating. Whatever you're going through, there are things you can try out to help with how you're feeling.

What is the difference between being lonely and alone?

Loneliness and being alone are different feelings. Being alone doesn't always mean you feel lonely. It's normal to want to spend time by yourself or not want to have lots of friendships. But for some people this can make them feel isolated. Everyone is unique and feels differently in the same situations. But it's what feels right to you and not to anyone else.

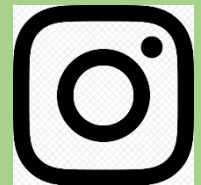
MENTAL HEALTH MYTH BUSTERS

- **You only feel lonely when you are on your own-** ❌ Feeling **lonely** is not the same as being **alone**. Loneliness can be a feeling of disconnection rather than a reflection of your social circle.
- **Young people rarely feel lonely-** ❌ It doesn't matter how old you are, loneliness can affect people of any age and most people will experience this in their life.
- **It's obvious when someone is feeling lonely-** ❌ You never know what is going on under the surface, although there may be signs that someone feels lonely, the only way to know for sure is to talk about it with them.

Feeling lonely is a normal part of life and can happen for lots of different reasons. But if feeling lonely is making you feel low, there are things that can help. Here are some things you could try;

- **Focus on self-care;** It can be tough spending time on your own, especially if it's making you feel low. However, taking some time to do things that you enjoy and treating yourself with kindness can help boost your self-esteem.
- **Express yourself;** Find ways to express yourself, even if the people around you don't get you. You can do this through fashion, art, dance or music.
- **Keep track of your mood;** Try to keep a diary to see how your mood changes over time. This can help to reflect on to see what's happening in your life and how this makes you feel.
- **Find a club or group;** Joining a new club or group can feel scary, especially if it's a new place where people may already know each other but it is a good way to meet new people.
- **Reach out if you're struggling;** If you're finding things tough, talk to someone you trust.

Advice on social media



Social media can be a great way to connect with friends, find out what is going on and catch up with friends. However, it can sometimes make us feel lonelier, especially if we are comparing our lives to other people's social media highlights.

Even if you have lots of friends or feel happy in your social life, you might still compare yourself to other people. If you're already feeling lonely or low, this can feel much harder, and it make it tough to know who to reach out to. But remember that people don't always post what's really going on in their lives online.

If social media helps you to feel less alone this is brilliant, however if it is making you feel worse then maybe consider taking a break from social media.

Wellbeing News

This half term at The Hub we celebrated World Mental Health day and raised money for YoungMinds Mental health charity. To do this staff and students were encouraged to dress in Yellow to send the message that young peoples mental health matters and to raise awareness! We raised a total of £42.50.

Thank you to all students and staff who supported this cause and donated.

#HelloYellow
YOUNGmINDS



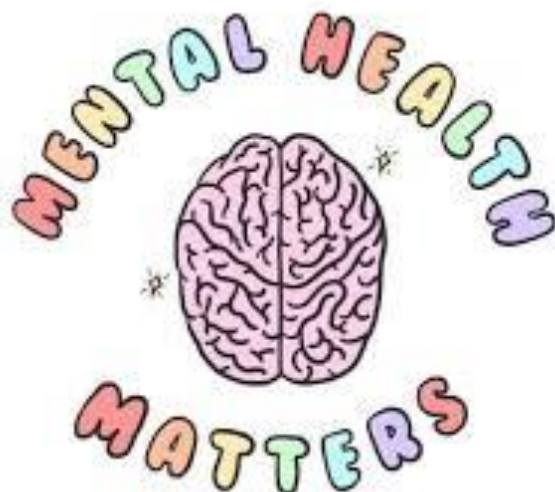
mind

In addition to this—our designated MIND support worker is also providing weekly 1:1 emotional wellbeing support to 6 of our students at our Anlaby site.

We have supported 35 students with their emotional wellbeing this half term in the form of 1:1 planned sessions. This is over both our Welton and Anlaby sites.

This equates to 168 hours of 1-1 emotional wellbeing sessions delivered this half term.

Miss Rainforth at our Welton site has also delivered 42 group sessions to support emotional wellbeing this half term.





Form tutors (Anlaby site)

7A-Mr Price and Miss Priestman

7B-Miss Oliveira and Mrs Ritchie-Goodrick

8A-Mr Frederick and Miss Ives

8B-Mr Branston and Mr Eastwood

8C-Mr Kingsbury

9A-Miss Sykes

9B-Mr Tranmer and Miss Hawkins

9C-Mrs Ryan and Mr Cook

10A-Mr Stanley and Mrs Vannucci

10B-Mr O'neal and Mrs Smith

10C-Mrs Brittain and Mr Murphy

11B-Ms Macnamara and Mrs Hill

11C-Mr Hall and Mrs Giblin

Form Tutors (Welton site)

SS1-Miss Anderton

SS2-Mr Walker

SS3-Mr Derrick and Mr Thomas

We're Here
to Listen

Student Support Team (SST)

Miss Mcneil-Pastoral Support

Mr Lawson- Pastoral support/HLTA

Mrs Dewar-Pastoral Support

Miss Bird-Emotional Wellbeing Lead
(Anlaby)

Mrs Rainforth-Emotional Wellbeing Lead
(Welton)

Senior Leadership Team (SLT)

Mr Grimes-Executive Headteacher

Mr Rollo-Head of school SEMH Specialist
Provision

Mrs Austin-Head of School PRU/CP

Miss Howard-Director of Learning SEND

Mrs Asvadi-Director of Learning, Behaviour
and Culture

Attendance

Miss Stephenson-Attendance Officer

Miss Harrison-Apprentice Attendance
officer

SEND Team

Miss Russell-SEN Team Leader

Miss Dommett-Deputy SENDCO