

HAPPY NEW YEAR

Celebrating the Autumn term



Three of our pupils were successful in having their designs chosen following this year's competition to produce a Christmas card for St Hild's Church of England School. The designs were shortlisted and the winning three were selected by our Headteacher, Mrs Gibson.

The winning designs have been incorporated and used on our annual St Hild's Christmas cards.

The inspiration for the designs this year came from the biblical quote, Matthew 2:2 'saying, where is He that is born king of the Jews? For we have seen His star in the east and have come to worship him'.

Congratulations to Poppy-Mai, Jayden and Gracie.



The Head Said

As the new term begins and our festive celebrations fade into memory, I always take great delight in looking back at the achievements of our pupils and staff over the autumn term, and looking forward to the promise a New Year brings. 2024 will be my 9th year in charge at St Hild's and I can honestly say I have loved every day, working with our amazing staff, children and families.

Our newsletter is a great celebration of the achievements of the amazing work which happens in our school and certainly demonstrated how we "live life in all its fullness" at St Hild's. I hope you enjoy reading it!

As we are now in the period of Epiphany, it gives us an opportunity to take some time to focus on the positives, especially when the news seems to be filled with all that is wrong in the world and many of us worry about how we can simply make ends meet. It also gives an opportunity to think about the small changes we can make which in turn make a big difference to ourselves and to others. The more we allow ourselves to focus on the positives, the more we draw closer to each other and allow ourselves to enjoy the things in life that really count.

I would like to thank you for your continued support and I hope 2024 is a year we can all look back on with fondness and pride.

Year 7

OPEN EVENING

On Thursday 28th September we welcomed prospective Year 7 pupils to St. Hild's Church of England School's Open Evening, along with their parents and carers. All of our visitors had time to attend a presentation from Mrs. Gibson and Miss. Coles, explore our school, meet our staff and pupils, take part in classroom-based activities and sample our school lunches.

During the evening, many of our current pupils joined their teachers to support demonstrations in classrooms. The high number of pupils who chose to do this is testament to how proud our pupils are of their school. We are extremely thankful for having so many amazing pupils within our school community who gave up their time to support this event.

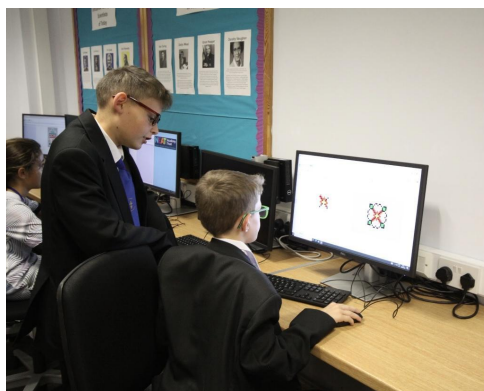
The event was a huge success with most of the feedback from pupils, parents and carers simply stating that they wished they had more time with us! We are looking forward to building relationships with our future Year 7 pupils, parents and carers throughout our transition programme this academic year.

We have completed our prize draw and the winners are:

£50 Uniform voucher- Jessica D (Barnard Grove Primary School)

£50 Asda voucher- Liam B (St. Helens Primary School)

Congratulations to you both! Please contact our school reception to collect your vouchers.



Care Respect Honesty Equality Responsibility

Mathsplosion

On the 9th of October, the vibrant minds of seven Year 10 mathematicians from St Hild's embarked on an exhilarating journey at the Mathsplosion event held at the Newcastle Life Centre.

Immersed in the captivating realm of climate science, our students witnessed the enchanting fusion of mathematics and environmental protection. From the intricacies of Advanced Mathematics powering STEM fields to the allure of 'imaginary numbers' guiding aviation and engineering, the day was a thrilling exploration of numerical wonders.

But the excitement didn't stop there! As the day unfolded, the students dived into the mysterious world of card tricks, unravelling the magic behind them and leaving everyone spellbound.

St Hild's mathematicians proved to be shining stars, embodying enthusiasm and curiosity throughout the event. Their energy and passion for mathematics were contagious, making this Mathsplosion adventure an unforgettable experience.

Here's to the mathematicians of St Hild's, turning numbers into magic and leaving an indelible mark on the world of math!



Care Respect Honesty Equality Responsibility

FOLLOW THE STAR

A Carol Service

In November, The Preston and Simpson Music Concert took place at Hartlepool Town Hall with Hartlepool's Town Mayor and many other distinguished guests in attendance.

Ours, was the only secondary school choir in the area to be invited and pupils performed two songs 'Somewhere only we know' by Keane and 'Hallelujah' by Alexandra Burke. As a result of the performance and the pupils behaviour, we received letters of praise from local Headteachers and the organisers of the event.

Our choir, alongside other schools in the town, also performed at The Princess of Wales Carol Service on Friday 1st December held at St Hilda's Church. The service was attended by the Lord Lieutenant and pupils were given a Christmas present and a personal message from the Princess of Wales. Attended by over 200 people, this was a truly awe inspiring and beautiful service where our pupils shone and looked incredibly professional. We received praise from the Tees Valley Music Service who remarked on our pupils performances.



Christmas Lunch

On Thursday 14th December all pupils and staff enjoyed a lovely Christmas lunch prepared and served by our very own staff. Take a look at some of the pictures from what was a truly wonderful day.



Care Respect Honesty Equality Responsibility

THIS IS ME

Poetry Competition

Four pupils from St Hild's Church of England School have been chosen to have their poems published in a book that will soon be going to print. Emily, Bobby, Esther and Ruby-Leigh all entered a competition run by Young Writers with the competition title, 'This Is Me.' All entries are read by a panel of judges and the best ones are chosen to go into a real book. It is not known yet if any of the entries are within the top 5 nationwide who will also receive £50 and a trophy.

I am proud

My name is Esther, I don't care if you don't like my name.
I am beautiful, I don't care if you think I am ugly.
I am tall, I don't care if you think I am too tall.
I am intelligent, I don't care if you think I am not smart.
I am black, I don't care for racism.
Nothing can bring me down. I am proud!



What is perfect?

You look in the mirror, your stomach drops. Big thighs, stick out belly or a double chin, it's drawing your eyes away from your natural beauty.
Disgust fills your face. Is that really you or is it the negative words said by society or social media circulating your brain, making you hate yourself. It's hypnotising.
But not for me, what I see is online photoshopped photos of people who are desperate to fit into today's "beauty standards".
Shaking my head, I know body shaming needs to stop. This is important to me as it's ruining people's confidence or self esteem during their day to day lives.
Fitting into the expectations of the body standards isn't your dream or goal, nobody's perfect.
People need to accept themselves for the way they are, you need to realise that everyone is different in their own way. Be proud of who you are and how far you've come.
Flush out the negativity and be true to yourself because your beauty doesn't define you, it's what's on the inside that counts.
I believe in the saying you need to love yourself before anybody can love you. That includes the way you look as well.
Because what really is perfect?
You tell me.



Care Respect Honesty Equality Responsibility

THIS IS ME

Poetry Competition

Menagerie

Loud and proud like a lion,
Yet wise like an owl,
While rarely seen with a scowl,
Yet loving like a dog in a happy home.
But conflicted like someone with their hand on a loaded gun.
Like a menagerie we are stronger and wiser with each day that passes,
We are stronger united than divided.
No longer bitter over past aggressors or peer pressures.
Fear fails where love and hope prevails.
Even if it means falling behind to move forward.
The end of one adventure ultimately starts another.



Lost girl

I feel lost and I'm struggling to pay the cost.
I am a girl who lost her way, slowly day by day.
One word, that is all, I want to be heard.
I try, but all I do is lie.
I act up and get in trouble, I act up as my mood takes a tumble.
If only someone could lend an ear, my worries could disappear.
In this feeling of tightness on my chest, I'll find courage to face life's test.
People there to guide me as the wave passes makes me feel like my life matters.
I feel my passions slip away day by day.
An endless cry for help, getting louder like a puppy's yelp.
Day by day, slowly I am slipping away.
I feel lost, and I'm struggling to pay the cost.
I am a girl who lost her way, slowly day by day.
I am a lost girl.





LEST WE FORGET Remembrance Day

Friday 10th November 2023

St Hild's staff and pupils took part in an annual collective worship to commemorate Armistice Day. The miniature Garden of Remembrance used in previous years made a beautiful centrepiece on the altar and was put on display in reception. In Focus Time during the week leading up to Armistice Day, pupils spent time looking at the impact of war and what the poppy symbolises and what the different colour poppies represent.

The main school event took place on the morning of the 10th, and our Head Boy, Head Girl and pupils from across the school read a collection of reflections, poems and prayers. The service was very moving and filled my heart with pride. This year, I chose to share a diary extract from when I was serving in Basra, Iraq during the 2003 conflict. We watched videos from the Royal British Legion about the significance of the Poppy Appeal and the difference it makes to serving and ex-serving members of the armed forces communities and an Army clip that focuses on the importance of remembering those that gave the ultimate sacrifice for our freedom. During the two-minute silence a video of the Royal British Legion Festival of Remembrance at The Royal Albert Hall was played and pupils were able to focus on the poppies falling from the sky. Representatives from across the school laid symbols of interfaith communities to reflect the diverse population that have suffered losses as a consequence of war. This year was particularly poignant because we laid the Crescent Star and the Star of David to remember that regardless of who is right or wrong there are always too many innocent lives affected by war. We also said a prayer for all affected by the Israeli - Palestinian conflict. Pupils in the Remembrance Group had previously spent time researching and had picked a video montage of the work the Armed Forces currently do for the defence of the United Kingdom. Reverend Steve Edge gave our blessing following closing remarks from Mrs Gibson. Reflective music was played during the pupils' exit which encouraged everyone to reflect on how we can all be heroes and make a difference to someone else's daily life with a simple act of kindness.

Pupils that are currently in the Cadets were invited to attend in uniform; they were extremely smart and professional and represented their individual units well. Once again St Hild's have done themselves and the Armed Forces community proud.

Until next year, Lest We Forget.

Mrs. Hockaday, Ex Royal Air Force Sergeant



Remembrance service

On Sunday 12th November 2023, Mr Simmons (a former soldier from 1st Bn Duke of Wellington Regt and sailor with the Royal Navy) represented St Hild's Church of England School at the Remembrance Service at the Hartlepool Headland War Memorial along with two pupils, Emily and Mia.

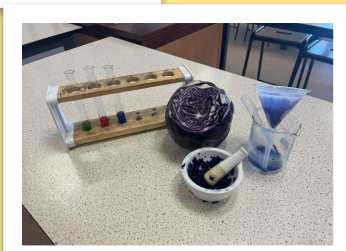
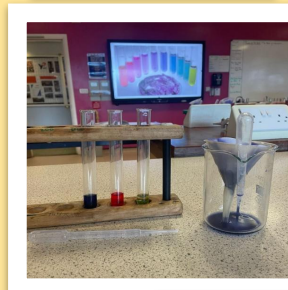
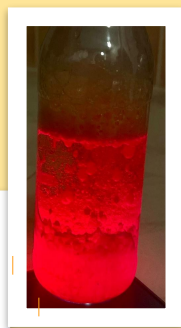
The service was conducted by Rev Steve Edge who was accompanied by a choir and a lone piper. Local bands, organisations and members of the armed and cadet forces were also in attendance. Our representatives were able to lay a wreath in front of our local community who came out in large numbers to attend the event.



SCIENCE CLUB

Science club this half term have made lots of things including lava lamps, indicators, candles and bath bombs.

We cannot wait for the next half term of Science Club as lots of surprises are in store!
All scientists are welcome!



Geography Enrichment News

Pupils from various year groups at St Hild's have been participating in geography club after school every Thursday.

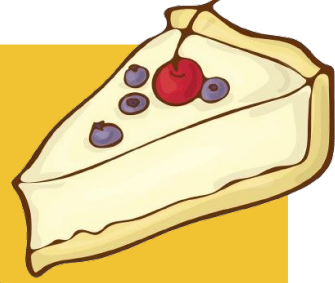
Within the club, pupils have been exploring global issues from around the world including debates about current political issues including deforestation in the Amazon and if voting should be compulsory, as well as crafting recyclable Christmas decoration and orienteering around St Hild's school. The brilliant part of geography club is that everyone gets a say in the activities that we do, week on week.

This week, to celebrate the end of term one and in the spirit of Christmas, the pupils came up with an idea to take geography club cross-curricular, teaming up with food technology. We baked Greek Melomakarona's (Greek Christmas cookies) to finish the term with a sweet treat to take home.

Join our wonderful geography club with Miss Rafferty, to experience "life in all its fullness" at St Hild's!



FOOD CLUB



Well done to the pupils in Year 7 and 8, who have taken part in Food Club so far. They have shown excellent cooking skills, making dishes including, cookies, focaccia bread, egg fried rice and butterfly cakes. This half term cooking club is open to Year 9 so please remember to sign up if you are interested. If you are in Year 7 and 8 and missed out on a place, there will be another opportunity beginning after the February half term holiday. Please speak to your Food Technology teacher for more information.



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Physical Education update



The ice skating trip was thoroughly enjoyed by all! The pupils got to try a new sport and came back rosy cheeked and very happy with themselves. We have been invited back to try other new sports in the new year as the group were so well behaved.



Year 8 pupils attended a dodgeball event learning many new skills and competing in friendly games against the other schools in the town. They did really well; they drew every game and then beat Dyke House!

The head coach commented on how talented our pupils are and how they are a credit to the school with their manners.



A huge well done to our Year 7 and 8 indoor athletics squads! We had 12 podium spots on the track. 1 gold, 5 silver and 6 bronze and the Year 7 boys placed third overall.



The Year 7 dodgeball teams were both amazing in their first matches. The boys took Dyke House all the way to the end of the tournament. The girls got the award for being the “most honest group” to which Lacey informed the entire Hartlepool School Sports Community that it was one of our core school values.



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Sporting Excellence

We are extremely proud to showcase the fantastic achievements of one of our current pupils Thomas.

Thomas holds 4 current titles of:

Northern Indoor Under 15 60m Champion

North East Under 15 Long Jump Champion

Northern Inter-Counties under 15 Long Jump Champion

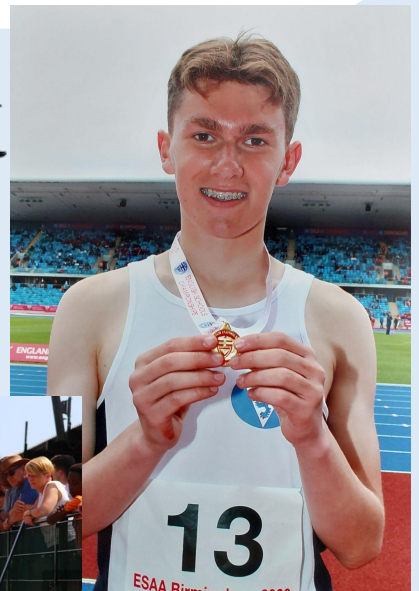
English Schools National under 15 Long Jump Champion (With a jump of 6.33m) which was held in Alexander Stadium, Birmingham where he won the first gold for Cleveland in 20 years.

Thomas finished overall 5th place in the UK for the under 15 long jump ratings. Other notable performances include winning a silver medal in the North East Indoor 60m and silver in the North East under 15's 100m.

In November 2023 Thomas was nominated for and won a Hartlepool Sports Council Secondary School Sports Person of the Year Award.

Thomas; current personal best in Long Jump is now 6.41m! He is due to compete at the Northern Under 17's Championships in Sheffield and has qualified for the England Athletics National Championships in February!

We want to wish Thomas the very best luck for his future competitions!





THE HALO CODE

The Halo Code is a campaign pledge, signed by schools and businesses, that promises members of the Black community that they have the 'freedom and security to wear all afro-hairstyles without restriction or judgement'.

At St Hild's we fully adopt the code. St Hild's is committed to working towards creating a world without hair discrimination and believe that no one should have to change their natural hairstyle in order to thrive. By adopting this code, we are demonstrating our commitment to a world free from discrimination, where all Black members of our community have their identities fully recognised and celebrated.

Race-based hair discrimination is illegal in the UK and hair is a protected characteristic, under the law. However, 58% of Black students experience name-calling or uncomfortable questions about their hair at school. 1 in 4 black adults report that they had a negative experience when at school in relation to their hair texture. 46% of parents say that school policies penalise afro hair in the UK.

As a school, we have signed up to the Halo Code to protect the rights of our black students and staff to embrace all Afro-hairstyles. We acknowledge that Afro-textured hair is an important part of racial, ethnic, cultural and religious identities and requires specific styling for hair health and maintenance.

We celebrate Afro-textured hair worn in all styles, including but not limited to, Afros, blocs, twists, braids, cornrows, fades, hair straightened through the application of heat or chemicals, weaves & wigs.

We want our young people to move into the next stages of their lives, in college and employment, feeling confident in the people that they are, celebrating their identities and their place in the world, able to challenge discrimination and prejudice in all its forms. By joining the Halo Code we are promoting 'life in all its fullness' for all members of our community.



The Halo Code

For Schools

Our school champions the right of staff and students to embrace all Afro-hairstyles. We acknowledge that Afro textured hair is an important part of our Black staff and students' racial, ethnic, cultural and religious identities, and require specific styling for hair health and maintenance.

We welcome Afro-textured hair worn in all styles including, but not limited to, afros, locs, twists, braids, cornrows, fades, hair straightened through the application of heat or chemical, weaves and wigs.

At this school, we recognise and celebrate our staff and students' identities. We are a community built on an ethos of equality and respect where hair texture and style have no bearing on anyone's ability to succeed.



Care Respect Honesty Equality Responsibility

ATTENDANCE UPDATE

I hope this newsletter finds you well. I am thrilled to share some exciting news about out school attendance. Over the course of this academic year so far, we have seen a significant increase in attendance, with a remarkable 2.3% rise. This means that more of our pupils are present in school, engaging in their education and benefiting from the wonderful opportunities we offer.

Furthermore, I am delighted to announce that persistent absence has reduced by nearly 7%. This is a tremendous achievement, and it reflects the dedication and commitment of our pupils, parents and staff in prioritising regular attendance. I would like to draw your attention to the remarkable improvement in attendance specifically in Hartlepool across all secondary schools. We have witnessed a marked increase in attendance across the whole local authority, which is truly commendable. This positive trend demonstrates the collective effort of our community to ensure that our children receive the education they deserve.

At NEAT Academy Trust, we firmly believe that attendance is a crucial aspect of a child's educational journey. We set a high standard for attendance, with our threshold being 97%. We expect no pupil to drop below this level. If a pupil's attendance falls below this threshold, they will enter Tier 1 intervention. This means that additional support mechanisms will be put in place to address any barriers to attendance. In the event of a pupil being absent again within a one-month period, they will move to Tier 2, where they will receive monitoring from their year leader. An attendance improvement plan will be implemented, and parents will also have the option to enter into a parenting contract. This collaborative approach ensures that we work together to support the child in improving their attendance.

Should a pupil continue to be absent within a one-month period, they will escalate to Tier 3. At this stage, our dedicated attendance team will work more closely with the student and their family to identify the root causes of their absence and provide tailored support.

It is important to note that if a pupil's attendance drops below 90%, the local authority will become involved. The authority holds the power to refer the case to a magistrate's court, where a fixed penalty notice, a parenting order, or an education supervision order may be issued. We strongly encourage all parents to prioritise their child's attendance to avoid reaching this stage.

I am pleased to inform you that all secondary schools in Hartlepool now have a very similar attendance policy. This alignment is part of the local authority being one of HM Government Priority Education Investment Areas, which aims to ensure that every child receives the education they deserve.

Why is attendance so important? Well research consistently shows that regular attendance positively impacts a child's educational outcomes. Students who attend school regularly are more likely to achieve higher grades, have better social and emotional well-being, and enjoy improved life chances. By prioritising attendance, we are setting our students up for success both academically and personally.

Let us continue to celebrate our improved attendance and work together to maintain this positive trend. Remember, every day counts!

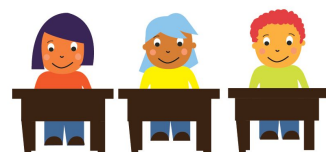
Thank you for your continued support.

Mr Edge

School Improvement Lead – Data Attendance



ATTEND TODAY
ACHIEVE TOMORROW



Care Respect Honesty Equality Responsibility

ATTENDANCE AWARDS

At St Hild's we believe that every day counts when it comes to your child's education. That's why we are excited to announce our special recognition for pupils with 100% attendance!

By attending school every day you maximise your learning opportunities and also build important habits that will benefit you throughout your life.

Pupils with perfect attendance will receive special rewards and recognition for their outstanding achievement.





Pupils have been looking at ways that they can be courageous advocates without having to raise money. They understand that money is tight for many of us but still want to help those less fortunate. One idea they looked at was recycling crisp packets and over the last term, pupils and staff have been collecting empty crisp packets to donate to Nitelight. Nitelight are a charity that support the vulnerable in the Teesside area and have a sustainability campaign in which they recycle crisp packets and use them to make sleeping bags for those sleeping on the streets this winter. Each sleeping bag takes 250 crisp packets and we originally set a target of 1000 empty packets so we could support the making of 4 sleeping bags, one on behalf of each school house.



Pupils counted the packets and we have collected over 3000 which will be an enormous help to Nitelight. These will be delivered to Nitelight by House Captains and the pupils will get the chance to spend time with the charity and look at how they support our community.

We will have a collection box throughout the winter months so pupils can continue to collect and recycle crisp packets.

Year 11 Vision for Success

On 10th October 2023, Year 11 parents and careers spent the evening at our Level Up Launch Event. This was extremely well attended and all pupils and parents were informed of key revision strategies from each subject teacher. The evening began with a presentation delivered by Academic Leader Miss Williams and Deputy Headteacher Mrs O'Keeffe to map out the year ahead. By the end of the evening, all pupils left with their St. Hild's bag filled with revision materials to help guide pupils to success. Many parents noted that they have gained knowledge to support their children with their exam revision and enjoyed speaking to subject specific teachers. Year 11 intervention has relaunched this term as 'Level Up' and has seen strong attendance. This has been a busy term for Year 11 and we are extremely impressed with their resilience and determination.



CELEBRATION OF ACHIEVEMENT



St Hild's ALUMNI

St Hild's is very proud to recognise the fantastic achievements of former pupils of the school.

Niamh Mulvihill finished Hartlepool Sixth form college with 3 Distinctions, Graduated Durham University 2022 with a 2:1 and became a primary school teacher in September 2022.

Niamh has also been racing for 7 years. Niamh's racing achievements are as follows:

Class 2 champion
Class 1 overall 2nd place champion
Yorkshire Dales memorial champion
British round 3 Stockhatch Champion 2023

Congratulations to Niamh!



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St Hild's ALUMNI

Grace Archer represented Wadokai England in the European Wadokai Karate championships (2023) in Belgium, winning Gold and becoming European Champion in her age group. (16-17yrs).

She has also been selected to represent England in Karate and she hopes to travel to Cyprus this November for the European Wadokai Karate Championships 2024 to win gold again.

Grace completed training at the Hartlepool RNLI, with her Dad, and hopes to become a crew member once she turns 18. She also is an assistant instructor at her karate club, Hartlepool Wadokai and a student at Hartlepool Sixth Form studying Law, Criminology and History.

Congratulations and good luck to Grace!



If you know of a former St Hild's pupil that deserves recognition in our newsletter then please get in touch with Main Reception.

#StHildsAlumni

Care Respect Honesty Equality Responsibility



STAYING SAFE ONLINE

With technology gifts being high on many children's Christmas wish lists each year it is important to ensure that you and your children are safe when playing with new devices. To help you, we've set out a few top tips to help keep your household safe online.

LEARN YOUR WAY AROUND

Most devices have controls to ensure that children can't access content you don't want them to. These include settings for online searching, "in-app" purchases, as well as screen time allowances. Once you hand over devices on Christmas morning it can be hard to get them back, so it's great to have a go on any devices you buy before handing over on the morning of the 25th! This allows you to set up any restrictions in advance and learn your way around any settings and functionalities in case your child comes to you for help!

SETTING UP YOUR TABLETS IN ADVANCE

Tablets are really popular with younger children and there are a wide range to choose from, including child-friendly and educational models. When it comes to setting up and using tablets, why not start slowly? Download games and apps you have checked out carefully. Sites such as [Net Aware](#) or [Common Sense Media](#) provide useful advice.

TOP TIPS FOR PHONES OR TABLETS

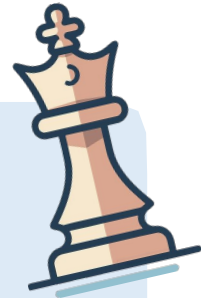
Set boundaries. Our advice is to set some ground rules, and ensure they understand them.

Apply Screen Time Limits. Agree a time limit or number of games beforehand, to avoid repeated disagreements around how long they can spend online.

Sleep comes first. We advise that phones or tablets stay out of the bedroom overnight to charge. This avoids those night time distractions.

Ask for access. If you're concerned about something happening or want to take a look at the games and apps they are on, ask them to allow you access to the phone.

Monitoring vs having a conversation. It is possible to install software onto devices that monitors online activity on devices. This type of software is becoming increasingly popular, but while this might sound tempting, it does pose a number of issues around your child's right to privacy. Instead why not have a conversation about the types of things they are doing online, and create a family agreement to set out expected behaviour. The best advice we can give is to talk to your child regularly and openly about behaviour and risk, so that they know they can come to you if something goes wrong. If you would like further information please contact the school and ask to speak to Mr Richardson (Designated Safeguarding Lead)



ENRICHMENT CLUBS

Enrichment clubs are, without a doubt, one of the best ways for your children to learn new skills and make friends, whilst also being looked after in a safe environment.
Check out what St Hild's has to offer your child!

PE Extra-Curricular January/February 2024



DAY	LUNCH	AFTER SCHOOL (3.45 - 4.30)
Mon	Dodgeball –1st Half	KS3 Netball Football 7/ 8
Tues	Table Tennis—1st Half	
Wed	Football—2nd Half	BTEC Level Up Football 9
Thurs	Badminton—2nd Half	Badminton
Fri	Football - 1st Half	

Enrichment Clubs January/February 2024



	Club	Venue	Time
Everyday	Choir	G69	12:50
	Library	F62	12:30
Monday	Chess Club	F62	15:30
Tuesday	Horrible Histories	G10	12:50
	Subtitling	G23	12:30
Wednesday	Debate Club	F22	12:50
	Puzzle Club	F32	12:30
	Escape Room	G13	12:50
	Design Technology	G72	15:30
	Food Technology Y8	G74	15:30
	Drama	G58	15:30
Thursday	Science Club	F59	12:30
	Matilda	G58	15:30
	Art and Design	F46	15:30
	Geography Club	G20	15:30
	Film Club	F25	15:30
Friday	Basic First Aid	G16	12:55

HORRIBLE HISTORIES





This information sheet provides guidance on the current laws for e-scooters in the UK

PARENT'S GUIDE TO

ELECTRIC SCOOTER (E-SCOOTERS)



WHAT ARE E-SCOOTERS?

- E-Scooters are classed as "Powered transporters". This term covers a variety of personal transport devices which are powered by a **Motor**.
 - You can legally buy an e-scooter but **cannot ride it** on a public road, cycle lane or pavement.
- ONLY PRIVATE LAND**

THEY ARE NOT TOYS!

DID YOU KNOW?

- E-Scooters are illegal for use in any public space unless rented as part of a government trial
- Riding an e-scooter on the road is against the law as per the Road Traffic Act of 1988 and the Highway Act of 1835
- E-scooters are prohibited from being used on cycle tracks, cycle lanes or other spaces dedicated to pedal cycle use.
- Privately owned e-scooter can only be ridden on private land.



Care Respect Honesty Equality Responsibility

Managing Stress

Stress is an uncomfortable experience of pressure or worry caused by problems in your life. Stress can cause many different symptoms and may affect how we feel physically, mentally, how we behave and make choices. It is not always easy to recognise when stress is the reason you are feeling or acting differently.

This guide will give you some top tips so that you can take action to reduce the symptoms of stress in your life.

1. WARNING SIGNS, PART 1

Warning signs of stress include emotional symptoms such as anxiety, fear or loss of confidence and cognitive symptoms such as poor concentration, poor memory or repetitive thoughts.



2. WARNING SIGNS, PART 2

Warning signs also include physical symptoms such as excessive sweating, racing heart rate, headaches and muscle tension. Behavioural symptoms might include, poor sleep, irritability, drinking excessive amounts of coffee or alcohol or losing your temper.



3. UNDERSTAND YOUR TRIGGERS

Take time to reflect on situations which may be causing stress. Once you know what they are, you can begin to reduce your exposure to the stressors and/or manage the causes.



4. TAKE CONTROL

Often stress symptoms are caused by feeling out of control. Not doing anything about the stress triggers or symptoms will make things worse, so start by understanding what you can and what you can't control.

5. MAKE HEALTHY CHOICES

Plan regular, healthy activities which will reduce stress symptoms. These will be a non-negotiable part of your week and a regular antidote to stress.

6. INDUCE CALM

Activities known to help induce calm range from deep breathing, meditation and mindfulness to walking, outdoor exercise or gardening.



7. USE YOUR SOCIAL NETWORK

Plan opportunities for fun and enjoyment with people you care about and who care about you. This could be sharing a new experience or an activity you enjoy doing together. Share and talk about your feelings too, sometimes that is all that is needed to cope.



9. MANAGE YOUR TIME

Prioritising tasks, including emails and wellbeing activities, will be a crucial first step to change and taking control. Get someone to help you to keep on track with the change.



8. CHANGE YOUR PERSPECTIVE

Amend your thinking and expectations of what is possible or doable. Reduce the pressure on yourself by reframing the problem or accepting that not everything will be finished or perfect. Most of the time, good enough is ok.

10. PRIORITISE WELLBEING

As a way of preventing stress, you should prioritise your wellbeing and be consistent about it. A one-off activity will have some impact, but it won't help you manage stress or maintain wellbeing in the long term.



The National College

This guide is part of The National College staffroom poster series.

A collection of information posters for your school staffroom.



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