



NEWS & VIEWS

Be The Best You Can Be

Headteacher: Mr I Smyrk

Traditional Values

Learning for the Future

Outstanding Personal Achievement



Headteacher's Comment

Good afternoon everyone,

It has been a pleasure this week to see so many lessons where Year 11 and 13 students are finalising coursework and working hard towards their final grades. The standard of some of the work has been exceptional which is of great credit to everyone involved.

This term is certainly feeling more normal now we are gradually returning to activities outside the classroom which are such an important part of life at St Martin's. We are also putting plans in place for the next academic year which is great to do as we start to look forward to the coming year without restrictions.....fingers crossed!

This weeks' NEWS & VIEWS is a wellbeing special with links to some excellent advice and guidance to help us all to not only cope with everything that is going on around us but continue to excel and move forward.

Have a very good bank holiday weekend!



Well-being

As this month is National Stress Awareness Month, we have focussed our newsletter around the support and strategies many local and national agencies provide that can help support families.

Stress can affect everyone from all walks of life and ages. It can and does affect different people in different ways and often affects our emotional and mental wellbeing.

Although there are fortunately many help strategies that we can use to reduce our stress, it can sometimes trigger other problems such as disordered eating or prompt people to use unhealthy strategies such as self-injury, which is why we have included the posters from the 'Let's Talk' campaign to inform parents.

The Family Public Health Campaign link gives parents lots of useful ideas to help support teenagers' stress as well as giving additional advice on many of the support strategies listed in red. Included in this issue is also a link to the NHS Essex Child Health App, giving advice and support for when a child is unwell.

The EFSS bulletin produced by Community 360 gives families ideas on getting active, career & volunteering opportunities, making the most of garden space at home, links to autism awareness, family fun activities and promotion of World Book Night.

EWMHS has also produced a new Instagram account that young people can access for support which is shown in both the poster and PowerPoint presentation below.

We hope you find these links useful, but please always remember to make the pastoral team aware if there is anything further we can do to support your child or your family.



DISCOVERY
EDUCATIONAL TRUST

Executive Headteacher: Mr R Duff

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Well-being Continued

Please click on the following links for more information and support:

- [Emotional Well Being and Mental Health](#)
- [EWMHS Instagram](#)
- [Social, Emotional and Mental Health Pillars](#)
- [Disordered Eating](#)
- [Self-Injury](#)
- [Essex Family Support Service E-Bulletin April 2021](#)



FAMILY WELL-BEING

MANAGING STRESS

MANAGE YOUR TIME

EAT REGULARLY

STAY HYDRATED

PREPARE FOR A GOOD NIGHTS SLEEP

EXERCISE

PRACTISE MINDFULNESS

HAVE A BRAIN BREAK FROM SCREENS

SHARE CONCERNS

SEEK HELP



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