



Us Plus

Mental Health and Wellbeing Bulletin 11

Good morning everyone,

I hope you have all had a lovely weekend and feel refreshed and ready for this week's learning activities and challenges. Today's bulletin gives you lots of contacts for wellbeing activities that you might want to participate in or use for support at this time. I hope you find them useful.

Mrs Taylor.

Your Way

This is the link to Young People Cornwall Your Way website which includes information about their **daily online chat line** and loads of great activities. This site is created by young people for young people.

Wellbeing Action Plan

The [Wellbeing Action Plan](#) (click on this for the link) is a way of reflecting on various aspects of your wellbeing. The Wellbeing Action Plan is divided into a number of sections:

- Things that support my wellbeing
- Things to avoid when you're feeling low
- Triggers, challenges and early warning signs
- Getting help and support
- My one minute safety plan

Action planning is a very positive way to address any issues or worries you have. If you do use this action plan and find it useful please do share your experience with me.

Remember that you can also contact the TIS Team at school if you need to discuss any worries or anxieties you might be feeling at this time. You can do this by emailing me at ktaylor@penrice.org.uk



Young People - #HSKYouth needs your help - get involved!

Headstart Kernow are inviting 10-16 year olds in Cornwall to help HSK Youth support young people in Cornwall during the Coronavirus lockdown:

You could write a blog for the **Start Now** website about your experiences of the lockdown - How are you staying in touch with family and friends? How are you balancing school work with time to relax? how are you keeping active? Have you tried something new? Have you a secret skill you want to share with the world?

#HSK YOUTH need your help filming (at home, on a phone) short introductions to their new online wellbeing action plan.

Everyone who gets involved will get a **Certificate** to show the contribution you've made along with any new skills you've developed.

Take 5 Ways to Wellbeing Competition

Take Five... Ways to Wellbeing



StartNow Web Content Competition

The young people involved in HSK Youth in Cornwall have created their own website to support wellbeing:

www.startnowcornwall.org.uk

They would like **your ideas** for web content about: **Self-Care ideas & Coping Strategies** when things get tough...

Content can be:

- Artwork / drawings / cartoons
- Photographs
- Poems
- Poetry
- Animation (Max 2 minutes long)
- Short film (Max 2 minutes long)
- Blog
- Book reviews (of books that have helped you)
- Or a lot of great ideas that have inspired by you



The best ideas will be featured on the website & entered into a **price draw**.

20 lucky winners will receive a £25 gift voucher

Entry Form and full details can be found on the website along with the full but important bits like Terms and Conditions / Privacy notice etc.

Start Now.

www.startnowcornwall.org.uk

[@hskyouth](#)

HEADSTART KERNOW

Headstart Kernow are running the competition on a monthly basis for the time we are in lockdown. There will be a monthly draw for 1 winner- [click here for more information](#)

Do let me know if you do decide to enter this competition ...I'd love to see your work! Mrs Taylor.