



Us Plus

Mental Health and Wellbeing Bulletin 17

Hello everyone,

I'm hoping this will be the final bulletin of a lockdown! Year 10 and 11 are returning to school on Friday and everyone returns on the 15th of March.

I'm very excited about returning to school but I do understand that many of you will be worrying about returning too. If you are worried about any aspect of our return please do make sure you talk about what it is that you are worrying about. There are lots of people who can support you!

Mrs Taylor

One of the very best ways to cope with feeling worried or anxious is to control your breathing. Practice the exercise below so that if things do feel a bit overwhelming you can calm you breathing and feel a little more in control:

Remember to Breathe

BREATHE IN FOR 5 SECONDS

BREATHE OUT FOR 5 SECONDS

REPEAT FOR 3-5 MINUTES

POSITIVE PEOPLE

COMMUNITY FUND

European Union
European Social Fund

Positive People offers a lifeline to build hope, confidence and skills for people who are not in work. It is funded by the European Social Fund and National Lottery Community Fund.

The competition below is a great way of incorporating exercise, being outside and your creative talents (all good for your mental health) together with the opportunity of winning a bike or a scooter! All the details are below ... good luck!

Stay active with Sustrans **SPRING INTO ACTION!** **Win a bike or scooter!**

The Challenge: during your daily outdoor exercise time, go for a walk or a ride on your bike or scooter and take notice of some 'Signs of Spring' that you spot when you're out & about.

You can enter:

- Photos (individual or montage)
- Video clips (up to a minute)
- Drawings/paintings in any medium

How to enter

- Upload your photo, video, or artwork to our Facebook page @SustransCornwall
- Or, if you prefer, send your entry to: cornwall@sustrans.org.uk

Deadline: 12 noon on **Wednesday 31st March**

A shiny new bike or scooter could be yours!

Spring-time Snippets

In the Spring, the Earth's axis begins to tilt towards the sun, bringing longer days & warmer weather.

When it is Spring in the Northern Hemisphere, it is Autumn in the Southern Hemisphere.

The Spring Equinox is when the day length is to the night and it marks the official beginning of spring. This year it's on 20th March.

Share Your Creations!

Pop your entry on our Facebook page [sustranscornwall](https://www.facebook.com/sustranscornwall) or email them to cornwall@sustrans.org.uk

Entrants must have the consent of a parent or guardian over the age of 18 to enter & entries must be uploaded by a representative adult over the age of 18.
*Exercise the usual caution when walking, scooting or cycling and do not let the activity distract you from due care. Please adhere to government guidelines in relation to Covid-19; see www.gov.uk/coronavirus for current advice.

sustrans
Join the movement

Also attached to the email with this bulletin are:

- More information about where else you can find support if you are finding things difficult.
- Another opportunity to use your amazing creative talents. Headstart Youth are looking for artwork - all the information is on the document I have attached to the email. Please do let me know if you are going to contribute to this as I'd love to see your work!

Remember that you can contact the TIS team at Penrice 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