KEEPING BOTELER SAFE

WELLBEING NEWSLETTER

OUR WELLBEING NEWSLETTER | NOVEMBER 2025

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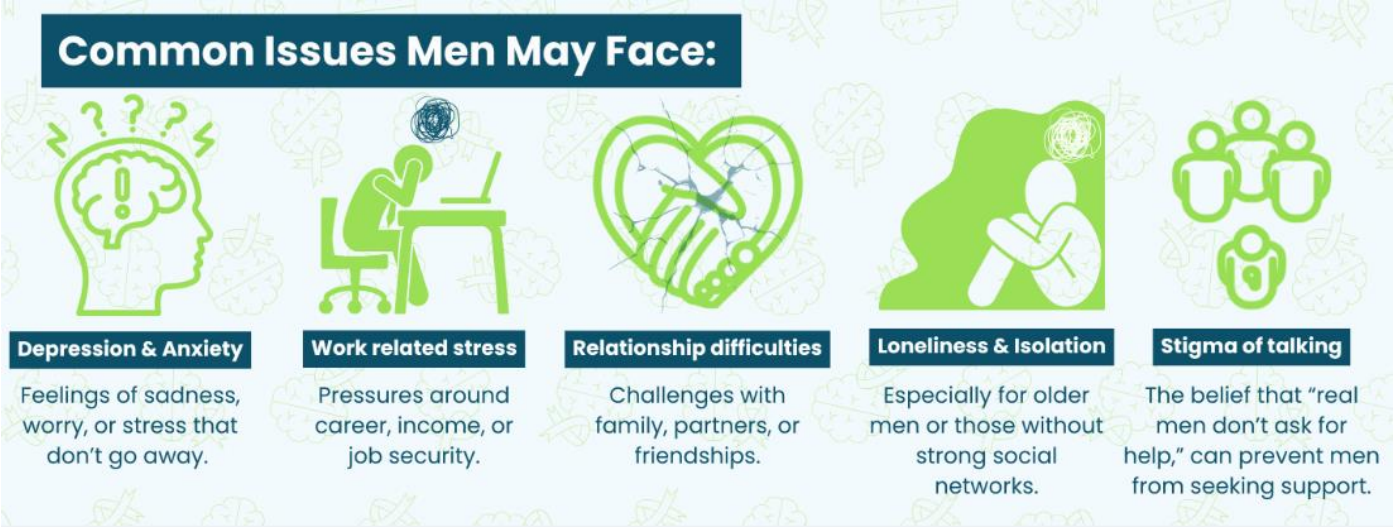
MEN'S MENTAL HEALTH MONTH

Men's Mental Health Month, also known as Movember, is an annual global campaign that takes place every November. It focuses on raising awareness for men's health is sues and suicide prevention. The month encourages men to talk openly about their health and seek support locally.

It aims to normalise conversations about mental health, end the stigma surrounding it, and enable people to access support when they need it.

Movember is a way for men to feel seen, supported, and connected. It provides a friendly way to normalise health chats, learn the warning signs, and remind oneself and friends that seeking help is a sign of strength, not weakness.

The campaign alsoaims to build better conversations and fund meaningful change by raising funds that support programs that improve early detection, widen access to care, and create community-based mental health initiatives.



At our high school, we are deeply committed to supporting the mental health and well-being of our male students, especially during Men's Mental Health Month. We recognise that young men often face unique pressures and that breaking the stigma around seeking help is essential.

Our school offers a variety of resources, including access to wellbeing support, peer support through Wellbeing Ambassadors, and mental health signposting to programs that encourage open conversations about emotions, stress, and mental health.

We promote a culture of empathy and empowering our students through awareness campaigns, classroom discussions, and student-led initiatives that emphasise that asking for help is a sign of strength—not weakness.

By providing a safe, supportive environment, we empower our male students to take care of their mental health and build resilience for the future.

Get Immediate Support.

Life at Risk (yours or others)
CALL 999 for an ambulance or go straight to A&E if you can

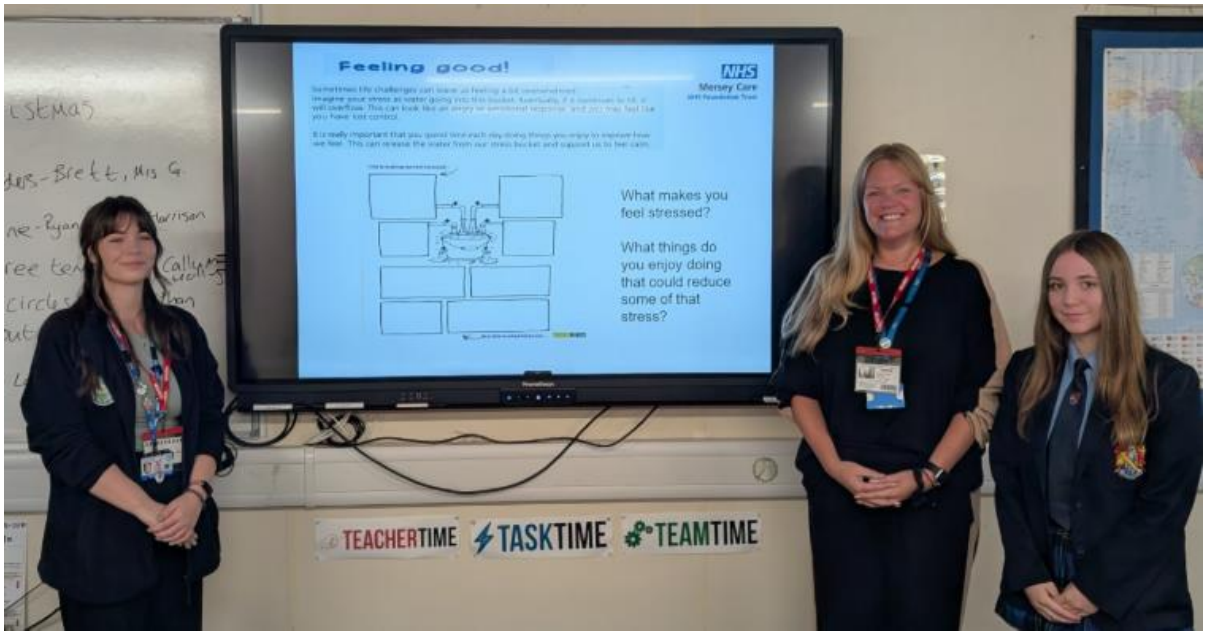
Crisis Response Service (Mental Health)
CALL 111 (0845 46 47 for Wales)

Samaritans
CALL 116 123
www.samaritans.org or jo@samaritans.org

Shout Crisis Text Line
text **'SHOUT'** to **85258**
or **'YM'** for under 19's
www.giveusashout.org

YEAR 11 EXAM ANXIETY WORKSHOP

This week, our school welcomed the Mental Health Support Team to deliver a special workshop for Year 11 students focused on managing exam anxiety. The session aimed to help students understand what exam anxiety is, why it happens, and how to cope with it in healthy and effective ways. Through practical activities and open discussions, the team shared useful strategies such as relaxation techniques, positive thinking, and time management skills to reduce stress and build confidence before exams. The workshop also encouraged students to speak up about their worries and reminded everyone that seeking support is a sign of strength. Overall, it was an engaging and reassuring session that left students feeling more prepared and supported as they approach their upcoming exams.



WHAT IS EXAM STRESS?

Exams are stressful for most of us. And we all experience stress in different ways. Exams can come with a lot of pressure. And it’s easy to feel overwhelmed by them.

Lots of us know what it feels like to be stressed. But there’s no one way to describe what stress is.

Stress might feel different for you than it does for someone else. How we experience stress can feel different at different times. It can also depend on what's causing it.

Feeling stressed, worried or under pressure around exams can be difficult to manage. But there are things that can help – it's about finding what's right for you.

WHAT CAUSES EXAM STRESS?

Exam stress can be more than feeling nervous on the day of an exam. It can also be how you feel leading up to exams, during exams and when waiting for results. Other things might make us feel worse too.

These might include:

- Not feeling ready or prepared for exams, like feeling behind with revision.
- Worrying about how you'll do in exams, especially when you don't know what will be in them.
- Worrying about sitting exams in different situations, like in a new place or under timed conditions.
- Pressure from others, like parents, carers or teachers.
- Putting pressure on yourself to get certain grades.
- Comparing yourself to others, like believing you have to get the same results as your friends or partner. Or feeling you're not coping as well as the people you see on social media.
- Worrying about the future, like getting into university or getting a job.
- Having struggled with exams before, like worrying about future exams if you've found SATs or GCSEs stressful.
- Coping with life changes, like moving from secondary school to college.
- Having problems at home or in relationships with family, friends or partners.
- Caring for a family member or someone you live with.

- Living with physical or mental health problems or not having the right support.
- Being neurodivergent, like being autistic or having ADHD or dyslexia.

You may feel stressed for reasons that aren't listed here. You might also experience a few of these things at the same time. And things might build up and feel overwhelming.

TIPS FOR EXAM STRESS

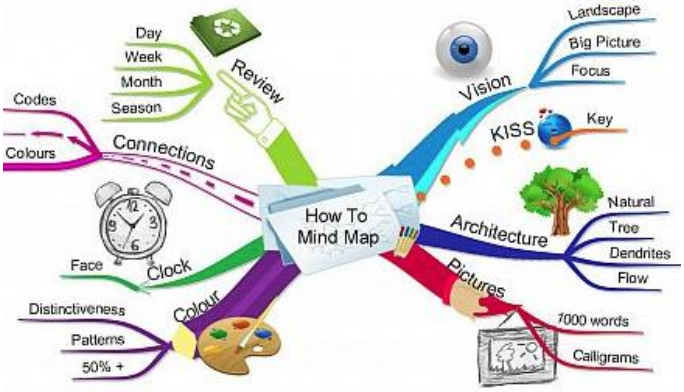
DURING EXAM PERIOD:

Here are some ideas on how to look after yourself:

- Make time for things you enjoy
- Find ways to release stress and celebrate progress. You could listen to music, draw, cook, play with a pet or go for a walk. You can try things alone or with friends.
- You could also plan something nice for your breaks, like eating a snack you like or watching a TV show you enjoy.
- Talk to others about how you feel
- Connect with other people, especially people who are going through the same thing. This could be through a study group or with a friend from school.

- Be realistic about what you can do in a day or a week. And try to balance studying with breaks. A revision timetable might help with this.

- You could also try the Pomodoro technique. This is where you work for 25 minutes and then take a break for 5 minutes. After doing this four times, you then take a longer break.



- Try to include things you enjoy in your study breaks, like listening to music or playing a game. It can also help to have at least one day a week when you don't study.

- If it helps, you could revise in more creative ways, like drawing diagrams or making up songs.

- If reading, seeing or using screens is difficult, try listening to podcasts or using tools that read text aloud.

- It can help to revise at times of the day when you feel better and have more energy.

- Revise in exam-like conditions. Some of us find revising in exam-like conditions can help us feel more prepared.

- The night before an exam, get everything you need ready to take with you, like pens and water. You could also set an alarm for when to wind down in the evening to try to get a good night's sleep.

- Be kind to yourself. It's also important to be kind to ourselves and practice self-compassion.

REMEMBER: Take care of your wellbeing. It's important to look after your wellbeing as much as possible. This includes physical health as well as your mental health. Make sure you get enough food, water and exercise. Lots of us find nature to be helpful for our mental wellbeing too. Not all of us have easy access to nature, but we can find ways to connect with it, like listening to nature sounds for example.

ON THE DAY OF AN EXAM:

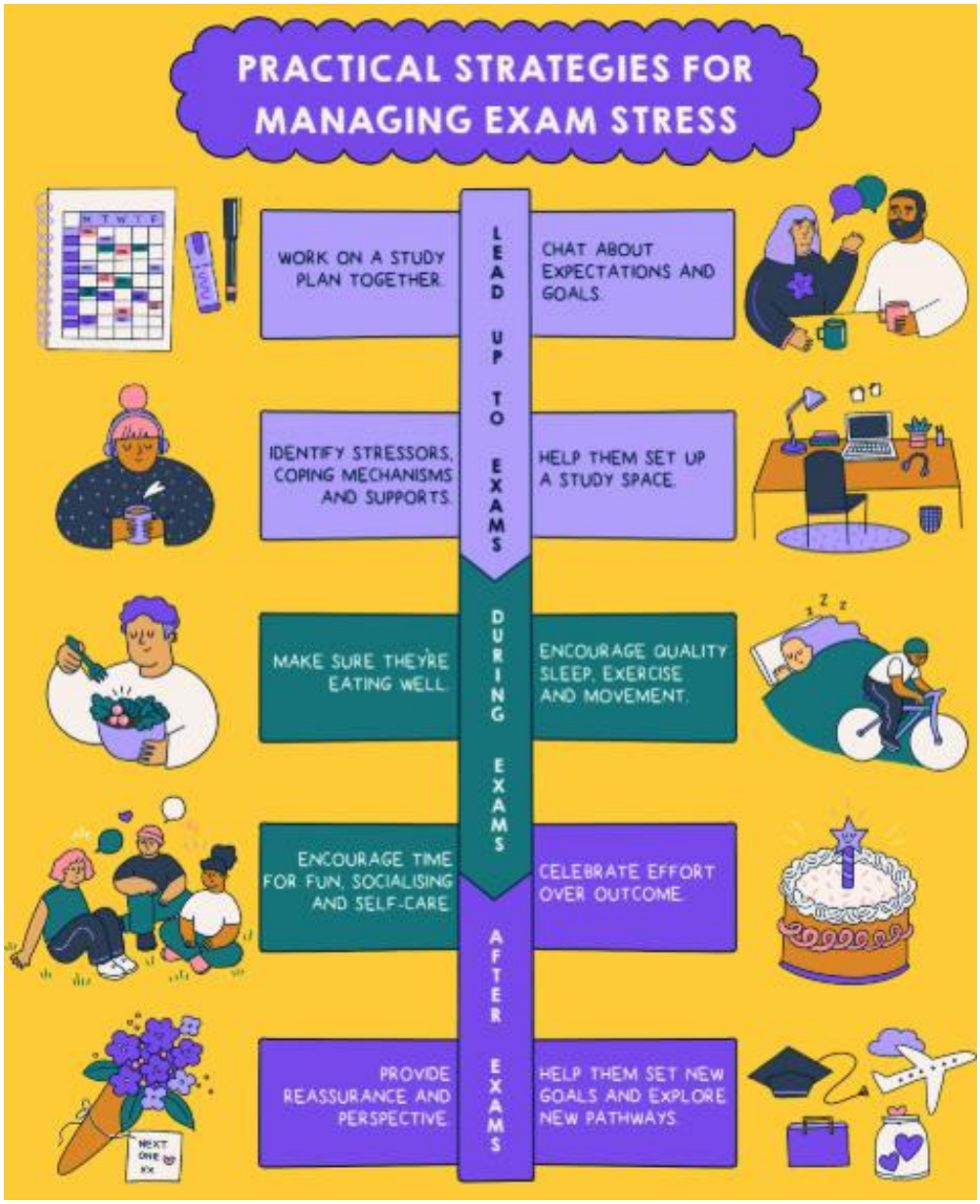
To help cope with stress on the day of an exam, you could:

- Start your day the best way you can. Try to eat breakfast and make sure you have enough time to arrive at your exam without rushing. It may be tempting to keep revising right before the exam, but having a break can really help. You've already done enough.

- Ground yourself with a breathing exercise. If you feel overwhelmed in the exam, breathing exercises could help. Try to breathe in through your nose for 4 counts, hold it for 2 counts and breathe out through your mouth for 7 counts. Repeating this can slow your breath and keep you calm.

- Take your time. When you're feeling stressed, it can be tempting to rush through the exam. But try to read the questions carefully. Take time to pause and plan what you need to do before answering.

- Remind yourself that it'll be over soon. You've done all you can do, and that's okay.



AFTER AN EXAM:

To cope with stress and difficult feelings after an exam, you could think about:

- Try not to compare yourself to others. Some people might find it helpful to talk about the questions, compare answers or look answers up after an exam. But for many of us, this can be stressful, and it may help to avoid these types of conversations.

- You can set screen or app breaks on your phone if you feel like you might use it to compare yourself to other people.

- Remember: you can only try your best. Each new day is a chance to start again.

- Focus on next steps. Think of something to do afterwards that you enjoy. You could go out with your friends, play video games or eat your favourite food. Whatever helps you to feel good and relax.

- Think ahead in a positive way – if you have another exam, focus on the time and date that it'll be over.

- Relax before your next exam. This can be hard to do, especially if we feel lots of pressure to keep studying. But exams are tiring and you might find it easier to revise after taking a break.

Top sleep tips

Don't get caught napping (the wrong way)

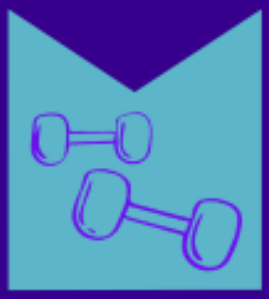
If you have trouble sleeping, you may feel tempted to catch up on sleep by taking naps. Research shows that short naps, around 10 to 20 minutes, can boost alertness, memory, and mood. However, long or late afternoon naps can make it harder to drift off later and so you're best to avoid them if you are struggling to sleep at night. If you're feeling dangerously sleepy (while driving or operating machinery, for instance), a short nap can be helpful and even necessary. If you feel tired later in the day, get up and take a walk around, get some fresh air, or do something challenging for a short while, like a crossword or a Sudoku.

If you're not tired, get up

If you're finding it difficult to get to sleep, don't just lie there worrying. Get up for a few minutes and read a book or get a warm drink (no sugar or caffeine, remember!). Go back to bed when you're feeling a bit sleepier.

Don’t stress it

Thinking about sleep too much or trying to force yourself to sleep will probably only keep you awake. Instead, learning how to relax both your body and mind can help you to get to sleep much more easily.



Set yourself a ‘get fit’ plan

Eating healthily and getting regular exercise are great ways of helping yourself sleep better. However, plan your meals and exercise to avoid working out within an hour of bedtime or eating a big meal late in the evening – doing either of these too close to your bedtime can stop you from sleeping.

Keep a sleep diary

Keeping a sleep diary to make a note of what happened in your day and what time you went to bed and got up can be useful for letting you look back and see what has and hasn’t worked for you. It also helps you to see how your sleep varies from night to night, and might help you note patterns in your sleeping.

Create a sleep routine

When you’re more aware of your sleep environment, you can identify what disrupts your sleep and create a routine that’s easy to follow. For example, you might turn off your phone by a certain time, dim the lights and read, or wear headphones with relaxing music. Write down your routine, and keep it short and simple to maintain consistency.

YOUR MENTAL HEALTH

GETTING HELP

Heading in the right direction

If you think you may be suffering from a mental health issue or are thinking of harming yourself, you can get help

Contact your GP
for an emergency appointment or to speak to the out-of-hours team

Call 999

Your local hospital A&E Department

NHS 111 online, or Call the NHS on 111

The Samaritans Freephone 116 123
they're open 24/7, 365 days a year and are there to listen

Do not be afraid to ask for help

YOUTH IN MIND

NHS
Mersey Care
NHS Foundation Trust

WARRINGTON YZ
An OnSide Youth Zone

DROP IN

Monday - Sunday

3.30pm - 7.30pm

A free and discreet drop-in service offering early intervention support to young people aged 7-19 (up to 25 with a disability) who are experiencing challenges with their emotional wellbeing.

No appointment or referral is necessary and young people do not have to be a Youth Zone member to access this support.

Our friendly Key Workers are here to listen, offer advice and guidance, and will introduce you to a range of wellbeing projects and mental health services at the Youth Zone, in your local community, and online.

warringtonyouthzone.org

Department of Health & Social Care

The service is commissioned by Cheshire & Merseyside NHS as part of 'Warrington Place' Starting Well plans to support 'Children and Young People's Emotional and Mental Health & Wellbeing'.

The project delivery is a partnership between Warrington Youth Zone and Mersey Care 'Child & Adolescent Mental Health Services'

YOUTH IN MIND

NHS
Mersey Care
NHS Foundation Trust

Warrington
Youth Zone
Dallam Lane
Warrington
WA2 7NG

warringtonyouthzone.org

Department of Health & Social Care

YOUR VOICE MATTERS

IF YOU HAVE ANYTHING YOU WANT TO SAY - POST IT HERE...

USE THIS POST BOX TO TELL US HOW YOU FEEL, ASK FOR SUPPORT, REPORT SOMETHING OR JUST TO HAVE A VENT AND UNLOAD YOUR THOUGHTS ANONYMOUSLY.

YOU CAN ALSO TALK TO THE WELLBEING COUNCIL LEADS - MISS GIEBKA, MRS CHILTON AND MRS HORTON, PLUS ANY TEACHER, TEACHING ASSISTANT, SUPPORT STAFF - EVERY SINGLE MEMBER OF STAFF IS HERE FOR YOU.

VISIT HEALTHLINE.COM/HEALTH/BREATHING-EXERCISE FOR SOME CALMING BREATING EXERCISES

Mindful Moment:

Practicing mindfulness can have a positive effect on our mental health and wellbeing. It helps us slow down, pay attention to the present moment and develop better self-awareness and focus. In every Wellbeing newsletter we will be including a short, guided mediation video for you to do at home and help build in healthy mental health habits that support managing our students impulsivity and restlessness.

Focus Music for Work and Studying - Enchanting Autumn Forests with Beautiful Piano Music #296

Key contacts/ Help:

Life Signs: www.lifesigns.org.uk are a small self-harm charity that have so much information for people who are currently self-harming and for family members or friends of people who are self-harming. They also have information on cleaning self-harm wounds and treating wounds.

Parent Talk: Down-to-earth parenting advice you can trust. We're here for you, when you need us. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you.

They can be found at: https://parents.actionforchildren.org.uk

https://www.youngminds.org.uk/young-person/your-guide-to-support/reaching-out-for-help/#Howtoaskforhelp

https://www.kooth.com/