



MENTAL HEALTH MATTERS @ CGS

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Welcome to our **summer term** and second edition of the CGS Mental Well-Being Newsletter! This term, we want to promote the benefits of creativity for mental health. We have so many amazing creative opportunities at CGS, from music to drama to art! Our school community is ending this term with our 'Caistor Fringe Festival' which involves students from all year groups, and has been led by a super hard working group of sixth formers! We're aiming to improve our diversity and inclusion through this festival because all CGS students deserve to feel comfortable and happy. If you have any more ideas for things we can do to promote positive mental health around school, feel free to let us know!

Below is the definition of Mental Health from the World Health Organisation:

"Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."

THE CAISTOR FRINGE

Caistor Grammar School's first ever Fringe festival took place between the 12th-14th July. Students had the opportunity to get involved with a range of diverse and creative activities, including: classics plays, music performances, gay history activities, poetry readings, and many more. There was also the chance to dress up in bright coloured clothes, or clothes representing your culture, aiming to build a more diverse and inclusive atmosphere at CGS. The event was extremely successful and had a huge impact on bringing together the school community! A special thank you must go to Saphy Dunn (Y12) and Mrs McNeilly for their tremendous efforts in making this event the best it could possibly be!





The Wonders of Being Short - Anonymous

Being a short girl
I'm only 4 foot, 2
Though everything is larger to me
I see it as a challenge
Forever overcoming seems like an eternity
Hated it once
Now looking at it as a gift
Because now, many things I sift
Think before you act applied to the rift
I'm light enough yet strong enough
To easily make myself lift
One handed
Both handed
Makes no difference to me
Proven time again through disabled legends of history
Short I may be
But tall
I stand upon a sea
Of an everlasting light
That knows no bounds
Towering things
I will fight
Though short
Infinite is my might

THE MENTAL ELF'S DIVERSITY & RESILIENCE CREATIVE WRITING COMPETITION



Discrimination

By Jack Reeve 8z

Battered and bruised,
Denied and removed,
No place to go,
No place to leave,
Begging for acceptance,
Validity and independence,
Their calls crying out,
But nobody can hear them shout,
So there they remain,
Shunned and in pain.

Resilience

Constantly feeling empty, attaching myself to a weight.
I'm digging myself a hole, and I can't concentrate.
My eyes are drawn to the number, and my life's flashing out of sight.
My body is drawn to the hunger, running from the people that I used to like.
The hole's getting deeper, but the drill doesn't stop.
It's out of my control, and digging 'til I rot.
Everything's caving in around me, yet the depth continues to decrease.
Losing my line of thought every metre, 'til the thoughts come to cease.
Searching for a solace, reaching for a remedy.
But the solution to this problem seems to be beyond me.
From the trough of the spiral, it feels like the end.
But amid the sea of dark empaths, you're bound to find a friend.

Charles Dowthwaite 8y

THE BENEFITS OF CREATIVITY FOR MENTAL HEALTH

Being creative can help to express negative emotions, often difficult to put into words.

Boosts your immune system.

Gives a sense of achievement or accomplishment.

The Benefits of CREATIVITY

Provides a sense of relaxation.

Helps to reduce stress and anxiety.

Stimulates the brain.

Here are some ideas of how you can get creative:

- Drawing.
- Photography.
- Singing.
- Write short stories/poetry.
- Origami.
- Dancing.
- Play an Instrument.
- Crochet/Knitting.
- Gardening.
- Painting.



An artwork submission for Caistor Fringe



CGS does lots to promote inclusion for all students around the school...

- Diversity book club for Y7&8.
- Diversity book club for Y9&10.
- Gardening Club – on Friday lunchtimes students have the opportunity to participate in gardening club, adding colour to the site and being able to improve the scenery on site.
- Equality/Diversity Ambassadors from Y8 & 9 – they aim to promote equality around school; they have also launched a new school forum for reporting poor behaviour at CGS through a new email, callingout@caistorgrammar.com which will be monitored during term time.
- Orchestra – students who play an instrument can join the orchestra, working towards frequent performances and practicing amongst other members of the school community.
- Chamber Choir – students can join Chamber Choir on Thursday lunchtimes if they enjoy singing.
- Art club – students have many opportunities to pop into the art room to get creative throughout the week.
- School Production (Anything Goes 2022) – students with all talents have the opportunity to get involved with the famous school production: being on the tech team, making costumes, creating props in the art department, singing in the chorus, acting on stage, etc.
- Language Leaders – Y10 students organised a language festival for primary aged students, taking them through different activities in French German and sign language.



Y10 Language Leaders



A Drum solo at the Summer Concert

SIXTH FORM MENTORS

Our friendly team of sixth form mentors are in O6 (the RS room near reception) every lunchtime to talk to you about anything you might be worried about, from exam stress to if you're just having a bad day! Or if you want, you can just come along and play a game with us or with your friends! We are all fully trained and passionate about making sure you are alright and mentoring is led by students for students!



Here is a photo of some of our sixth form mentors!!

Our head mentor is Raneem Jaibaji (Head Girl). She said, **“It’s a good way to build a relationship between sixth formers and lower school students and make us more approachable. I think it’s really important that we aren’t seen as scary older sixth formers but instead people who were in lower school not too long ago and can help with anything from homework to just playing games.”**

EXTRACT FROM OUR MENTAL WELL-BEING POLICY

- THE TERM 'MENTAL HEALTH' DESCRIBES A STATE OF WELL-BEING IN WHICH EVERY INDIVIDUAL REALISES HIS OR HER OWN POTENTIAL, CAN COPE WITH THE NORMAL STRESSES OF LIFE, CAN WORK PRODUCTIVELY AND FRUITFULLY, AND IS ABLE TO MAKE A CONTRIBUTION TO HER OR HIS COMMUNITY. A MENTAL HEALTH DIFFICULTY IS ONE IN WHICH A PERSON IS DISTRACTED OR UNABLE TO ENGAGE WITH ORDINARY LIFE DUE TO UPSETTING, DISTURBING THOUGHTS AND/OR FEELINGS. THESE PROBLEMS MAY DISTORT OR NEGATIVELY IMPACT A PERSON'S VIEW OF THE WORLD AND PRODUCE A VARIETY OF SYMPTOMS AND BEHAVIOUR LIKELY TO CAUSE DISTRESS AND CONCERN.

AT CGS WE AIM TO:

- PROMOTE POSITIVE MENTAL HEALTH IN ALL STAFF AND STUDENTS
- INCREASE UNDERSTANDING AND AWARENESS OF COMMON MENTAL HEALTH ISSUES
- ALERT STAFF TO EARLY WARNING SIGNS OF MENTAL ILL HEALTH
- PROVIDE SUPPORT TO STAFF WORKING WITH YOUNG PEOPLE WITH MENTAL HEALTH ISSUES
- PROVIDE SUPPORT TO STUDENTS SUFFERING MENTAL ILL HEALTH AND THEIR PEERS AND PARENTS OR CARERS
- OUTLINE LEGAL CONSIDERATIONS PERTAINING TO MINORS AND MENTAL HEALTH





childline
childline.org.uk
Mental health/relationships advice



nationalbullyinghelpline.co.uk
Advice on dealing with bullying



Calm app



nhs.uk/live-well/
Healthy eating and lifestyle advice



Headspace app

There's always external ways of seeking advice for your mental wellbeing – here are some good websites/ apps you may find useful!



Acceptance without exception
stonewall.org.uk
Advice on LGBT issues



samaritans.org
Support with suicidal thoughts