

# MOUNTAIN SUPPORT NEWSLETTER

Cycle 3 Week 8

## Welcome

Welcome to our fourth edition of the Mountain Support Newsletter. Inside this newsletter you can find out the PE department’s sporting achievements and have a go at Mr Burn’s 60 second challenge! There is also some advice on sleep and mental wellbeing. We are moving to a monthly publication; all our previous newsletters are here: <https://www.dixonsma.com/news-events/news/dma-family-engagement> Take care and be safe.

Ms Tizard, Head of Mountain Support

*“ Empowering and supporting scholars to climb their individual mountains.”*

Mountain Support  
Department Sentence

## In This Issue

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## What you can and can’t do

Everyone must continue to stay alert to stop the spread of coronavirus (COVID-19). Keep up to date with government advice to keep ourselves and our families safe and healthy. <https://www.gov.uk/coronavirus> The academy website also has regular updates should you have any questions about school. <https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus->

*Government advice is to stay 2 metres away from others who are not in your household. But do you know how far 2 metres is? Measure it with your ruler and check!*



## Appreciations

I'd like to appreciate Mrs Law for being an excellent colleague and an inspiring English teacher! Best of luck in your new job abroad. Keep in touch! *Ms Tizard*

I would like to appreciate Zainab (Y7) for showing a fantastic growth mindset and resilience with her work during school closure. - *Miss Bell*

I would like to appreciate Komal for approaching each day with a positive, can-do attitude, and for showing a growth mindset and inspiring others to try something different—Yoga and Zumba! *Mrs Sanderson & Mrs Smith*

I would like to appreciate Adam for his respect and good behaviour whilst at home. *Ms Power*

I would like to appreciate Ukashah for demonstrating employability and respect by arriving at school early with a positive can do attitude, and demonstrating excellence for completing all the work. *Miss Bovio*

I want to appreciate Miss Laws and Miss Edwards for excellence and having a growth mindset, by working together as an effective design team at school. They demonstrate respect by listening and supporting me if I have any difficulties at school and I feel I can approach them whenever I need help. *Miss Bovio*



# DMA PE Team

**The PE department are passionate about sport and keeping fit and healthy, but what are their greatest personal sporting achievements?**

Mr Wilson: Completing the Leeds Half Marathon in a strong time on a really hot day.

Mrs Watkins: Completing the London Marathon after overcoming injury. Representing her county and competing at University Nationals in Swimming.

Mr Burn: Completed a half marathon in a personal best time of 1:55:30.

Mr Hellewell: Hat Trick in the county cup final.

Mr Dolby: Played Football for Chesterfield centre of excellence for 8 years.



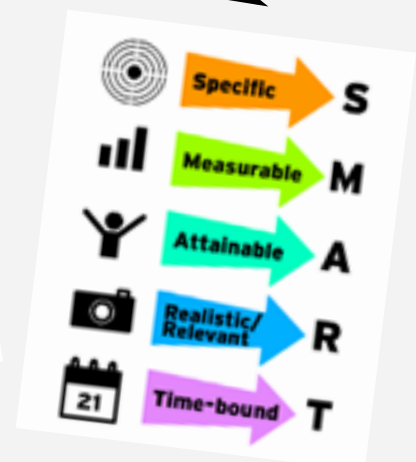
## Top tips

Mr Wilson: Get into a routine—this is to try and make it a habit. I like to run regularly in the evenings but during lockdown I have switched to exercising in the morning instead. Exercising in the morning sets you up well, physically and psychologically, for the day ahead.

Mrs Watkins: Sporting apps/trackers – track your activity and pit yourself against your friends. If you run the same route, it's a good way of tracking our progress and gives you a goal/time to beat. Strava is a good one; it plots your route and records your time heart rate and pace.

Mr Hellewell: Motivate yourself by setting goals and using a variety of techniques. Making sure they SMART.

Mr Burn: Make sure you are including 5 fruit and veg a day into your diet to go alongside your exercise. They can help reduce risk of heart disease and can help you maintain a healthy weight.



# Can you take on Mr Burn's Challenge?

Mr Burn has set you a challenge!



Upload your results to our PE Twitter page  
@DixonsMA\_PE

Check out our Twitter and see what we have all  
been up to:

@Dixonsma\_PEMrsW

@DixonsMA\_MrBurn

@Mr\_Hellewell

@MrJWilson93



## Summer Olympic Games

R L W L L G N I X O B R P Y V L J  
 T G N I C N E F I T R O W I N G M  
 L S L S C I T S A N M Y G T S X L  
 L P G L R C Y B X S C C G I X R J  
 A D T U A K V E D E D N N P B X C  
 B J G G U B F W D G I N W T V J Z  
 T C D D D H E P Y L E B W T Z Y D  
 E G Y Z C V L S I T U U T X F A N  
 K N U C U G G A A H Y T Z N A X O  
 S I O A L H S O D B O S T S Q G T  
 A M G R W I L R L S L C K M H G N  
 B M N U A L N X O F H D K O W D I  
 C I I G O X V G O C W U V E M D M  
 W W V B O D F T C M C J C T Y R D  
 E S I Y R L U C M D U D E F P T A  
 E Z D X C U A J H A R C H E R Y B  
 J T W A F O O T B A L L X B V Q O

- |          |           |            |            |
|----------|-----------|------------|------------|
| Archery  | Badminton | Baseball   | Basketball |
| Boxing   | Cycling   | Diving     | Fencing    |
| Football | Golf      | Gymnastics | Hockey     |
| Judo     | Rowing    | Rugby      | Sailing    |
| Swimming | Tennis    |            |            |



# Sleep

Why is sleep important? When you sleep, your brain works hard to create new memories so that you remember everything you learned during the day. Good sleep helps you to **pay attention** at school and is also important for your physical health. If you don't get good quality sleep, you might feel **grumpy** and be **impatient** with your friends or family. You might have **trouble** listening to your teacher at school. It also makes you more likely to get ill. How much sleep do you need? Well, children aged six or older should have at least nine hours' sleep, and teenagers need eight to ten. Here are a few tips to help you get good quality sleep:



1. Try to build a sleep routine. Go to bed at the same time every day and do **relaxing** activities like reading a story or listening to quiet music before you go to bed.
2. Avoid using your mobile phone or computer in the hour before sleep. The light from the screens can make it difficult to sleep. If you really, really need to look at your phone then turn on the blue light filter **to stop** this light.
3. Make your bedroom a peaceful sleeping space. Make sure it's dark, quiet and the right temperature for you to sleep comfortably.

<p><b>?</b></p> <p><b>Discuss with a friend, teacher, or your class</b></p> <p>What do you do when you can't get to sleep at night? What stops you from getting to sleep at night? How many hours do you sleep each night? How do you feel if you don't sleep well?</p> <p><b>★</b></p>	<p><b>★</b></p> <p><b>Challenge!</b></p> <p>Find out what the blue light filter is and why it's useful. Explain it to your parents.</p> <p><b>?</b></p>
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## Sleep Apps and Weblinks

**Sleep and Autism:** <https://www.autism.org.uk/about/health/sleep.aspx>

**Pzizz App:** The Pzizz app helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed. It uses "dreamscapes" – a mix of music, voiceovers and sound effects designed using the latest clinical research – to help you sleep better at night or take power naps during the day.

**Sleepstation App:** Sleepstation is a 6-week online course for people who struggle to fall asleep or stay asleep through the night. The course is tailored to your needs, using the information you provide, and gives you access to a team of sleep experts who will offer helpful advice and support throughout. Free with a GP referral.



# Sleep tips for teenagers



A minimum of 8 to 9 hours' good sleep on school nights is recommended for teens. Here's how to make sure your teen is getting enough sleep to stay healthy and do well at school.

<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>

## 1. Limit screens in the bedroom

If possible, don't have a mobile, tablet, TV or computer in the bedroom at night, as the light from the screen interferes with sleep. Having screens in the bedroom also means your teen is more likely to stay up late interacting with friends on social media. Encourage your teenager to have at least 30 minutes of screen-free time before going to sleep.



## 2. Exercise for better sleep

It's official: regular exercise helps you sleep more soundly, as well as improving your general health. Teenagers should be aiming for at least 60 minutes' exercise every day, including aerobic activities such as fast walking and running. Exercising out in daylight will help to encourage healthy sleep patterns, too. Read more about [how much exercise teenagers need](#).

## 3. Cut out the caffeine

Suggest that your teenager drinks less caffeine – found in drinks such as cola, tea and coffee – particularly in the 4 hours before bed. Too much caffeine can stop them falling asleep and reduce the amount of deep sleep they have.

## 4. Don't binge before bedtime

Let teenagers know that eating too much, or too little, close to bedtime can lead to an overfull or empty stomach. This can be a cause of discomfort during the night and may prevent sleep.

## 5. Have a good routine

Encourage your teenager to get into a regular bedtime routine. Doing the same things in the same order an hour or so before bed can help them drift off to sleep. Use these [bedtime routine tips](#).

## 6. Create a sleep-friendly bedroom

Ensure your teenager has a good sleeping environment – ideally a room that is dark, cool, quiet and comfortable. It might be worth investing in thicker curtains or a blackout blind to help block out early summer mornings and light evenings.

## 7. Talk through any problems

Talk to your teenager about anything they're worried about. This will help them to put their problems into perspective and sleep better. Read some advice on [how to talk to your teenager](#).

You could also encourage them to jot down their worries or make a to-do list before they go to bed. This should mean they're less likely to lie awake worrying during the night.

## 8. Avoid long weekend lie-ins

Encourage your teen to not sleep in for hours at weekends. Late nights and long lie-ins can disrupt your body clock and leave you with weekend "jet lag" on Monday morning.

Try these [simple lifestyle changes that improve sleep](#).



**Need Help?** If you need help or have a particular need please call and talk to one of our friendly team who will make sure you get the right support:  
**Call 01274 431000**

**We can help by:**

- Picking up shopping
- Ringing for a friendly chat
- Delivering a food parcel to eligible people
- Access to information or other services

[www.bradford.gov.uk/coronavirus](http://www.bradford.gov.uk/coronavirus)

Stay at Home Save Lives Protect the NHS People Can make a difference

# Wellbeing Workout

Committing to your mental fitness is just as important as your physical fitness! Here some exercises you can do to work out your mind and relieve some stress.

## 1. Writing it out



It is common to be nervous about the unknown, so think through and write some common eventualities and plan out what you'll do - this way you can feel prepared and calmer about the outcome.

Something that may cause stress

Sports Competition

What can I do to overcome the stress?

Make a plan of training activities to perform as well as I can.

## 2. Take Deep Breaths

Find some time to relax and clear your mind. Sit in a quiet area, close your eyes and take five deep breaths



Everyday, at \_\_\_\_ o'clock I will take five deep breaths and notice how I'm feeling.

## 3. Sleeping Better



Get a decent night's sleep for 7-8 hours, so that you feel rested for the new day. Set regular sleeping habits and give yourself plenty of time to wind down before bed. To wind down properly, we need to switch off from our devices and begin to relax. This is best done at least half an hour before we sleep.

At \_\_\_\_ PM, I will turn off my phone and stop looking at my devices.

and

At \_\_\_\_ PM, I will lower the lights in my room and begin to wind down. This could include reading a book, listening to a podcast, or doing some breathing exercises.

## 4. Physical Exercise

Physical exercise is directly linked to our mental well-being. The two go very much hand in hand. It is important to make time for even small amounts of regular exercise to keep our minds calm. A great way to do this is to go for a walk to get some fresh air and clear your head.



I will take a stroll at my local park called, \_\_\_\_\_, at least \_\_\_\_ times per week. When I do think I will walk without any other distractions such as music or my phone, and take time to notice different sensations of smell, sound, sight, and touch.

## 5. Meal Preparations



Often when we eat our food we can go on autopilot and stuff our faces as quickly as possible. Getting involved in the preparation of food helps you to appreciate it more when you do eat!

During the week, I will help to prepare the evening meal at least \_\_\_\_ times. When I eat, I will switch off distractions, pay attention to what I'm eating, and enjoy it.



# Studying at home

## Daily emails to scholars

As you already know, all scholars receive a daily email from a member of the senior leadership team containing their timetable of learning for the day.

## DMA website

Please check our website for information and Twitter updates. <https://www.dixonsma.com/>

## DMA Supporting Home Learning Newsletter

<https://www.dixonsma.com/uploads/files/Cycles/DMA-Supporting-home-learning-booklet-2020.pdf>



## Learning Online

**SAM Learning:** <https://www.samlearning.com/>

**Lexia:** [www.lexiapowerup.com](http://www.lexiapowerup.com)

**Seneca Learning:** <https://www.senecalearning.com/>

**Hegarty maths:**  
[www.hegartymaths.com](http://www.hegartymaths.com)

**Oak Academy:** <https://www.thenational.academy>

# Contact Us

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