

MOUNTAIN SUPPORT STEP UP NEWSLETTER



Cycle 2 Week 6: In This Issue

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Welcome

A warm welcome to the new Mountain Support Step Up Newsletter! Here you will find information and ideas to support scholars and families during school closure. We have included advice on wellbeing, healthy living and mental health. There are suggestions for activities to keep scholars occupied throughout the day, and listed are links to useful websites and phone apps.
Mountain Support Step Up Team

“Empowering and supporting scholars to climb their individ-

Appreciations

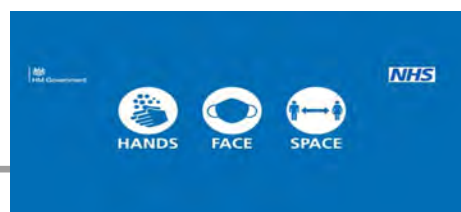
Staff, scholars, parents, carers—send us the name of someone you would like to thank!

- Well done Haseeb for producing a professional and informative PowerPoint presentation for our key stage 3 scholars! Mrs Power
- Thank you for completing your Lexia every day!



Why are we at home?

We are all working together to keep ourselves, our families and our communities safe and well. Coronavirus is not dangerous for most people but it is for some. It is contagious which means it can be spread through the air. If we stay away from each other then it will not spread as easily, which is why schools are closed. We need to follow the instructions given by the government otherwise vulnerable people can get very ill and hospitals will be overwhelmed. <https://www.gov.uk/coronavirus>



Have the rules changed? 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.

Online Safety

As we spend more and more time online it is crucial to stay safe and know how to report cyberbullying, online offences and cyber security breaches.

CEOP (<https://www.ceop.police.uk/Safety-Centre/>) is a law enforcement agency and is here to help keep children and young people safe from sexual abuse and grooming online. They help thousands of children and young people every year. **CEOP are unable to respond to reports about bullying, fake accounts or account hacking.** If you are being bullied and would like to talk to someone in confidence right now you can call **Childline on 0800 1111** or [talk to them online](#) - no worry is too big or too small. Please also remember our mantra of **“Be Safe, Tell Someone”** and tell an adult that you trust, like a parent/carer or teacher.

Also, **Thinkuknow** is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline. Explore one of the six Thinkuknow websites for advice about staying safe when you're on a **phone, tablet or computer**: <https://www.thinkuknow.co.uk/> Also, once a fortnight, on Tuesdays, Thinkyouknow will produce an activity sheet to help support you with online safety while schools are partially closed. There's also plenty of advice for parents and carers on keeping your child safe online at www.thinkuknow.co.uk/parents.



New to Mountain support - MOUNTAIN SUPPORT STEP UP PROGRAMME



As part of climbing mountains the Mountain support team will now launch the step up programme where we are offering a broad and balanced curriculum in order to meet all our scholars' needs. We have an exciting programme of English, Maths and Science where scholars experience the programme.....

EMOTIONAL COACHING

What is Emotional Coaching?

A discreet approach to the promotion of social and emotional skills in order for scholars to identify and understand their emotions, resulting in a behaviour guide to teach scholars about a positive approach and effective response. Based on the principle that nurturing and emotionally supportive relationships within emotional coaching provide optimal contexts for the promotion and development of these skills.

Research shows that those who had emotional coaching achieved more academically in school, had fewer behavioural problems & were more emotionally stable.

Lead by Hazel Powers – Inclusion Manager & Emotional Coaching Lead and Jordan Todhunter – Prevention Fellow & Emotional Coaching Assistant

“Emotional coaching is a tool that enables children to learn how to regulate their own emotions and behaviours which can foster improved communication, relationships and resilience.” (Gottman et al.,1997).

ZONES OF REGULATION!

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good To Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Sp

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The Zones of Regulation

Zones of regulation are a great way to help recognise and understand your emotions, which helps you to self-regulate. This means you are then capable of dealing with your emotions in an appropriate way.

Inside out is a Disney film which focuses on a character who struggles with emotions such as fear, anger, joy, sadness and disgust. It is a great film to watch to learn about the zones of regulation and to learn how to self-regulate- why not give it a watch?

Memory Magic

Memory Magic is a really fun and interactive intervention which works on improving general memory and recall. It is suitable for all ages and even some teachers have found it useful! It looks at each stage of memory such as focus, rehearsal and recall by completing relevant activities such as spot the difference and pairs. This can be really useful in education as it can help with overall concentration, attention to detail, following and repeating instructions and revision techniques.



Lego Therapy

Lego Therapy is a great and practical intervention that improves teamwork, friendship and listening skills. Each scholar is given an individual role, such as Lego engineer, and has to contribute to the team in order to achieve the goal of building a Lego scene!



Others NEW interventions include:

THINK GOOD FEEL GOOD
FRIENDSHIP
HAND WRITING SKILLS
TALK ABOUT TEENAGERS
ENHANCED PDS
CBT
ART THERAPY

Creative Crochet

Arts and crafts, such as crocheting and knitting, are not only healing and restorative, they are also therapeutic in numerous ways.

Crocheting can eliminate stress. Focus on the repetitiveness of creating stitches for rows on end. Also through making time for themselves to be creative with no judgment.

Crocheting acts as a form of group therapy. For people who prefer group therapy instead of one-on-one sessions. This type of group therapy not only eliminates stress, but it is a great ice breaker for new friendships to develop.

Crocheting can alleviate depression. When enjoyed as a hobby, the brain releases dopamine, a chemical that acts as an anti-depressant and affects emotions, making them feel happy.



Mexican Bean Burger Recipe

Bean Burgers are a typical Mexican dish. They are healthy and don't have as much fat in them as burgers made from meat. They are packed with goodness and really yummy!



Ingredients

Bean Burger:

2 400g cans of kidney beans (rinsed and drained)

100g of breadcrumbs

2 tsp of mild chilli powder

Coriander (chopped leaves)

1 egg

200g of fresh salsa

150ml of low-fat natural yoghurt

Juice of half a lime

Optional: salt and pepper

Served with:

Six wholemeal burger buns

Your choice of salad, such as lettuce and tomato

Equipment

2 large bowls

A potato masher

A fork

A baking tray

A grill (to be used with help from an adult)



Hot! Hot! Hot!

Did You Know...?

Mexican food is often fiery with lots of spicy chillies!



Nothing New!

Did You Know...?

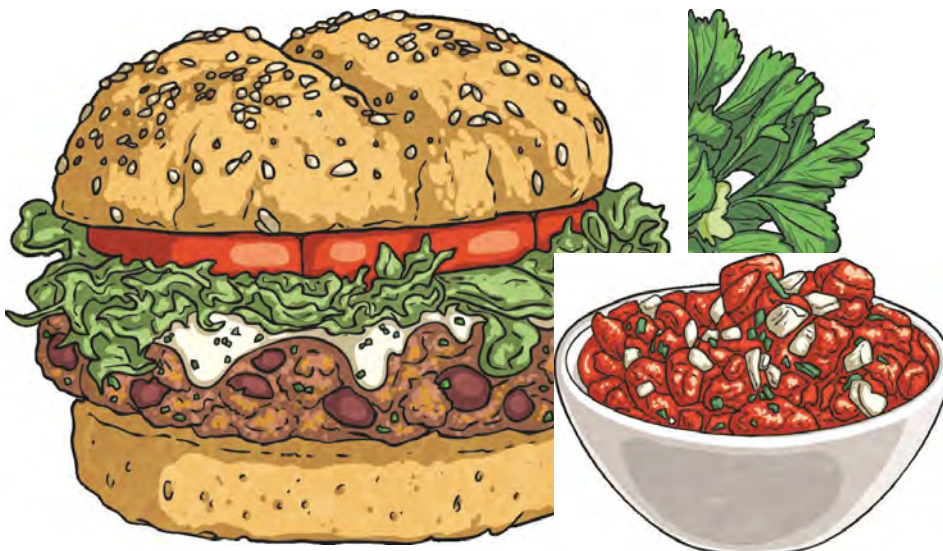
Mexican food dates back 9,000 years to the Maya people!

Method

1. Place the kidney beans into a large bowl and mash them with a potato masher.
2. Tip the breadcrumbs, chilli powder, egg, salsa and half of the coriander leaves into the bowl with the mashed kidney beans.
3. Add salt and pepper if you like, then mix everything together using a fork.
4. Now, wet your hands. Use your fingers to shape the mixture into six burgers.
5. Slide the burgers onto a non-stick baking tray.
6. With an adult's help, turn on the grill to a medium heat.
7. Grill the burgers for 4-5 minutes on each side.
8. Once cooked, place the Bean Burgers onto buns and add the sauce you have made.
9. Serve with salad.
10. Time to eat! Enjoy your delicious Mexican Bean Burger!

Mexican Bean Burger Sauce

While the burgers are cooking, mix the remaining coriander leaves, yoghurt and lime juice together in a separate bowl.



The 5 Ways to Wellbeing



TALK & LISTEN,
BE THERE,
FEEL CONNECTED

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

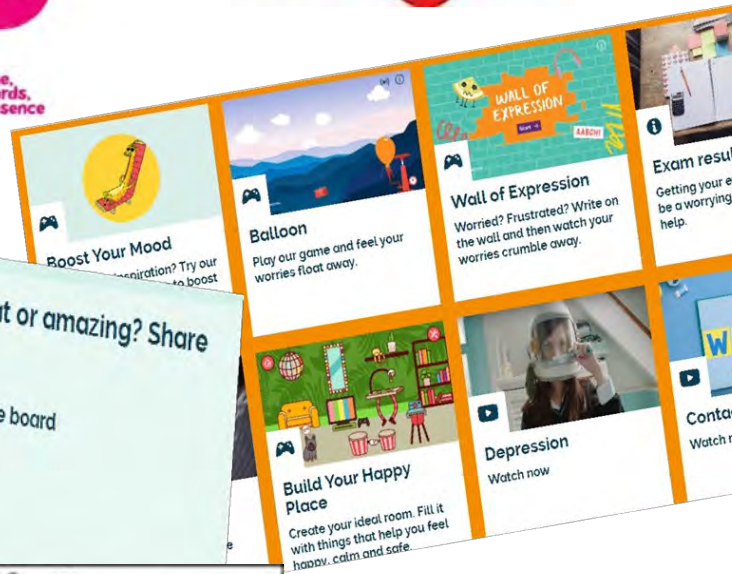
Your time,
your words,
your presence

HOW ARE YOU FEELING?

Excellent Good Okay Bad
Horrible Stressedressed

Feeling excellent, great or amazing? Share that positive feeling.

Post on our Good days message board
Be creative with our Art box
Get involved in fun stuff



Keys to emotional well-being

- Use positive self-talk
- Remind yourself that you're a work in progress
- Work towards your goals & dreams
- Stay physically active
- Get enough sleep and rest
- Spend time with family & friends
- Eat a balanced diet
- Talk about your thoughts & feelings
- Do activities you love
- Care for yourself
- Keep learning things that interest you
- Give back to others



Useful Phone Apps

- Smiling Mind (meditation)
- Rivet (reading)
- Calm (wellbeing)
- BBC

Useful Websites for Learning

Reading activities including books being read aloud: <https://www.youtube.com/user/puffinbooks1>

Resources for families with children 0-11 years <https://literacytrust.org.uk/>

Ted Talks—a collection of talks for 'educators, students and parents' to promote discussion <https://ed.ted.com/>

Mindset

We live in extraordinary times where everyone is facing complex challenges they haven't faced before. From coronavirus to climate change, mental health to systemic injustice, what's clear is that no individual or institution can transform these issues on their own. Our ability to respond – and break through to a world that works for all life – requires something more than everyone's best personal efforts. Bringing about meaningful change requires us to build a sense of a "we," that we can align a diversity of contributions and become partners in the wellbeing of all. And our ability to actualise this possibility requires a profound shift in mindset: towards what we call a *benefit mindset*.

What is a benefit mindset?

A benefit mindset builds on a growth mindset, when we understand that our abilities can be developed – and we also understand we can transform towards a more caring, inclusive and interdependent perspective.

It is called "benefit" mindset because it is concerned with the life-long process of learning how we can be the transformation and realise our unique potential in a way that serves the wellbeing of all.

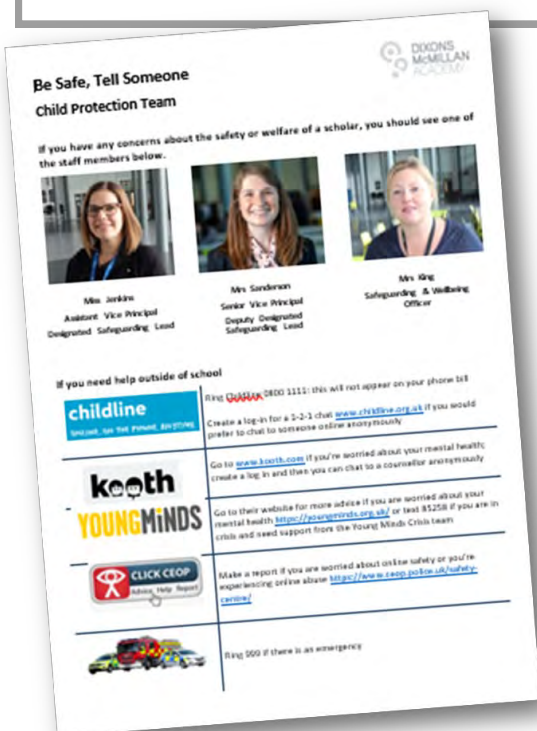
Fixed MINDSET	Growth MINDSET	Benefit MINDSET
Resistant to the possibility of growth and change.	Shows up with an open mind to learn and grow.	Shows up with an open heart to serve the wellbeing of all.
Focus on reproducing what is familiar.	Focus on how we can grow through intentional effort.	Focus on who we are being and why we do what we do.
Stays within the boundaries of known structures .	Embraces challenges to reach higher levels of ability .	Contributes as an authentically engaged global citizen.

I hope you have enjoyed reading the new edition of our Mountain Support Step Up Newsletter, please feel free to contact our team with any questions, queries or concerns, or just for advice.

Kind Regards

Hazel Power

Inclusion Manager



CONTACT US - DMA_MS@dixonsma.com

We are here to support you...

Mrs Ali - SENCO

Mrs Power - Inclusion Manager

Miss Michelle - Intervention Fellow

Miss Todhunter - Intervention Fellow

Mrs King - Safeguarding and Wellbeing Officer

Ms Butterfield - Academy Nurse

Miss Jenkins - Assistant Vice Principal Safeguarding and Wellbeing

Mrs Sanderson - Senior Vice Principal