

Mental Health Working Party Newsletter

Easter Edition 2026



With thanks to members of the MWHP for their wonderful articles!

The Mental Health Working Party (MHWP) is a group of students and staff that meet to identify and plan strategies to support students' mental health in our Loreto community. The MHWP is also keen to deepen links with the Mental Health Support Team (MHST) who not only work with identified individuals, but who have delivered workshops to whole year groups as well as providing training to staff.

If you would like to be involved in the MHWP or have any ideas for supporting student mental health, please contact Miss Craddock.



We hope you enjoy this Easter edition of our newsletter, where we focus on Easter being a time for renewal, and where we recognise the hope and joy of Easter and how it is a good time to practise mindfulness. We also emphasise ways to manage your own wellbeing during the exam season, including revision techniques too.

"Health is of importance. Take care accordingly in yourself and others." Mary Ward

Mindfulness - *Paying attention to the present moment*

What is mindfulness?

Mindfulness means paying attention to what's going on inside and outside us. It's about noticing the world around us and reconnecting with our bodies and feelings—not just living 'in our heads' caught up in thoughts.

How Mindfulness Helps You

- Reduces exam anxiety and pre-test panic
- Helps you enjoy life more and understand yourself better
- Improve your concentration when revising
- Help you sleep better instead of lying awake worrying
- Make you feel more in control when everything feels chaotic



How to Be More Mindful

1. Notice the Everyday

Pay attention to sensations: the food you eat, air moving past you as you walk. Take notice of sights, sounds, smells, and tastes.

2. Keep It Regular

Pick a regular time such as when you wake up or before bed and decide to be aware of the world around you during that time.

3. Try Something New

Take a new route, go somewhere different for lunch. New experiences help you notice the world in fresh ways.

Mindful Easter activities

- Take a spring walk in nature.
- Have some family time without using your phone.
- Do some mindful baking, such as chocolate easter nests.
- Enjoy some creative time e.g. drawing or painting.
- Take time to declutter your room, a clear space = clearer mind.
- Make a list with tasks that need to be done, this can help to focus your time.

Why Students Need Mindfulness

Between exams, social media, friendship drama, and trying to figure out your future, your mind may be racing. Add in comparing yourself, worrying about grades and dealing with daily stress- no wonder you feel overwhelmed sometimes.

Mindfulness teaches you to press pause, breathe, and deal with one thing at a time instead of spiralling about everything at once. It's not about being perfect or never feeling stressed. It's about noticing when your thoughts are taking over and knowing how to bring yourself back to the present moment.

By Eloise

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TIME FOR RENEWAL

EASTER IS A TIME OF
NEW BEGINNINGS AND
FRESH STARTS. A TIME
TO GROW!



TAKE CARE OF YOUR MIND :

GET OUTSIDE AND ENJOY FRESH AIR . GO ON A WALK
WITH YOUR FAMILY, FRIENDS OR BY YOURSELF WITH
YOU AND YOUR MUSIC

SPRING INTO HEALTHY HABITS:

SOMETIMES, ITS THE LACK OF CONSISTENCY THAT AFFECTS YOU.
TRY BUILDING UP SMALL GOALS THAT CAN IMPROVE YOUR
MINDSET EG DRINKING WATER AS THE FIRST ACTIVITY OF YOUR
DAY. REMEMBER SMALL STEPS ARE STILL PROGRESS!

GROW AT YOUR OWN PACE :

GROWTH LOOKS DIFFERENT TO EVERYONE - DON'T
COMPARE YOURSELF, WHETHER THAT MEANS REVISION
OR WHAT YOU DO IN YOUR FREE TIME. LET GO OF
STRESS, PRESSURE, AND NEGATIVE THOUGHTS

REMEMBER, THERE IS LIGHT AT THE END OF EVERY
TUNNEL - DON'T TIRE YOURSELF OUT - DO WHATS BEST
FOR YOU !



EASTER

By Saniya

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Revision Techniques

When revising for an exam, it's important to find a revision technique that works best for you. Here are some examples of different revision techniques Loreto students love, which you could try out if you haven't done so already!

POMODORO TECHNIQUE

(This method breaks studying into manageable chunks)

1. Choose a revision task and set a timer for 25 minutes.
2. After 25 minutes, take a 5 min break away from work.
3. Repeat the 25 min cycles 4 more times and then take a longer, 30 min break.

FLASHCARDS

Ensure there are keywords or questions on one side, and explanations on the other.

Test yourself using these flashcards frequently- active recall!

Can be physical flashcards or online (Quizlet).

STUDY GROUPS

Revising with your friends and testing each other is an engaging form of revision. It also helps you not get bored of revising.

You could test each other using flashcards or explaining concepts.

'EXPLAINER TECHNIQUE'

Or called the Feynman Technique, this is a fun and interactive method.

1. Choose the topic you need to learn and teach it to someone else in simple terms.
2. Encourage questions from your 'students' to help find any gaps in your knowledge.

BLURTING AND MINDMAPS

Make fun, engaging mind maps of your chosen topic to hang up in your room.

You can look over the content briefly, so it sticks in your head.

Blurting is when you write down all the information you remember and then reviewing to identify any gaps in your knowledge .



By Jenessa

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Wellbeing over exam season:

With exams around the corner here are some tips if you're feeling anxious or unsure how you can effectively revise while also taking care of your mental health

If you feel like you're making no progress in your revision it might be because you aren't using the revision strategies that work for you. Perhaps you can try and shorten the length you are sitting down and studying for, instead and take more regular breaks. An example of this would be instead of revising for a couple of hours then taking a half an hour break you could revise in 4 30-minute sessions and take a 10-minute break between them or do 8 15-minute sessions and take 5-minute breaks between them. Making a study plan or timetable of when and what you want to revise can also be very useful; it can be overwhelming to start revision so breaking down your revision into realistic and manageable chunks can also help. There isn't really a right or wrong way to revise and if one method isn't for you, that's ok. As well as changing how long you study for, trying different revision techniques until you find one that works for you can be useful (this newsletter has a helpful article on revision strategies if you're unsure about them).

While it's easier said than done, try not to compare yourself to others, it can be great to ask others how they're revising and coping with exams, but comparing yourself to how well another person is studying can often make you feel worse about yourself.



It can be tempting to ignore hobbies when revising or studying but it's very important to leave time to do what you enjoy, balance between studying and enjoying yourself is very important. Likewise, it's important to spend time with friends or family and stay healthy during revision. Remember to eat enough, exercise, drink plenty of water and get enough sleep.

Talk to someone you trust if you're worried, this can be a friend, family member or a teacher. If you're unable to talk to anyone over the holidays, ChildLine has a helpline that's open all the time, this can be accessed from their website or by calling 0800 1111.



If you don't end up managing to do as much revision as you wanted to, try not to blame yourself or feel guilty, it's easier said than done but blaming yourself will only make you feel worse, instead try to focus on what you were able to do, no matter how small that is. When revising try not to think too much about the outcome of your exams since this is mostly out of your control, instead focus on what you can do now.

By Nikini

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Getting Help at Home

If you are struggling with your mental health, the most important thing to do is talk to someone. It can be scary trying to figure things out on your own, especially during the summer without the support from school. Here are a few websites, apps and helplines that support children and teenagers who struggle with mental health. (Don't forget there is a Wellbeing section in the Student tab on the School website too). There's a variety of help for anxiety, self-harm, suicidal thoughts, eating disorders and more. Reaching out is the first step and shows a great deal of strength, remember you are never on your own.



Remember, you're not alone - Kooth is still available to access during the holiday period.

If you or someone you know needs extra mental wellbeing support during the holiday season, www.kooth.com are here.

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