

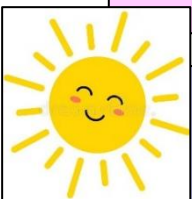
Mental Health Working Party Newsletter

Summer Edition 2026



With thanks to members of the MHP 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 summer edition of our newsletter, where we focus on managing your holiday expectations, activities to complete, the value of rest and preparing for the return to school.

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

Managing Summer Holiday expectations:

When you open social media or talk to your friends over summer, it can seem like everyone is on holiday abroad, at festivals or doing something exciting every day. This can be difficult, but it is important to remember that you are only seeing and hearing about the highlights, not the whole picture.

Did you know?

Social media is known as a “highlight reel”. This is because people choose to share their best moments and filtered photos and this leads to a biased view of someone’s summer truly looks like.

Things to remember:

- a) Everyone’s summers will look different – and different does not mean better or worse!
- b) Quiet days at home are normal.
- c) Rest is productive too and much needed after a busy school year.

Top tips:

1. Make your own summer bucket list – for example, trying a new café, reading a book a week. There are more ideas in some of the other articles in this newsletter.
2. Take breaks from social media. Social media can be great for catching up with friends however it can lead to you feeling bad about your holiday.
3. Appreciate small moments. You don’t need to go on fancy holidays to have a nice time. Time spent in the sun, with friends/family can sometimes be even nicer!
4. Focus on what makes YOU happy – don’t feel like you need to do big things or activities everyday if you don’t want to or just feel like you should. Your summer

Summer Challenge:

- 3 things you want to do over the summer
- 3 things you are grateful for
- 1 new thing you’d like to try

There isn’t a prize for having the busiest summer. Whether you are travelling, working, spending time with family and friends or simply relaxing at home, your summer is valuable if it helps you to feel happy and recharged. Try not to compare your behind the scenes to everyone else’s highlights.

By Anna

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

Resting over the holidays while preparing for the year ahead:

You could organise your folders or do some extra reading, the school website has a list of recommended books if you want to do some extra reading for your subjects!

It's important to take care of yourself over the holidays so remember to drink enough water and get some fresh air where possible. Leave aside time to do something you enjoy like hanging out with friends or watching a movie!

Spend time working on a project or learning a new skill. This should be something you enjoy doing rather than what seems the most productive. This will help to pass the time and gain a sense of accomplishment while also having fun!



If you have any worries over the summer about anything, it's important to talk to someone you trust, if you aren't in the position to ask anyone in person, the back of this newsletter has some links to useful websites where you can talk to someone.

If you feel you didn't perform your best in end of year exams, try not to worry too much and be kind to yourself (which is easier said than done but is worth it). Try not to compare yourself to how others did and do something you enjoy so you can rest over the holidays. If you still want to study over the holidays, it's helpful to make a study timetable with which subjects to revise and when. Learning is a constant process so try not to worry if you don't notice any improvements right away. Make sure to leave enough time to relax, this could be through having an afternoon or entire day not working. This will prevent you being burnt out, which is the last thing you want before returning to school.

If you are worried about the lack of structure over the holidays it could be helpful to make a rough plan of what you would like to do and when as well as when you plan to eat, sleep, go outside, etc.



Starting new in September

Starting a new year can feel like a big step especially if you have had a long summer rest and you don't know how to get back into routine. A big priority over the summer is to get a lot of rest and enjoy, however another important thing to do is to be prepared for the next year, mentally and physically. This countdown can create a list of things you can think about when preparing to begin.

COUNTDOWN TO THE START

The week before school begins:

- Make sure you have all stationary/ clothes, create a checklist (dress code is shown in planners and on the school website)
- Yr 9/10/12: Check if you have all your notes and organise them for the new year
- Think about what you would like to achieve in the new year (new revision techniques to achieve better scores, joining a new club or meeting new



Days before school:

- Make sure you start back to your sleep schedule for school
- Keep in touch with friends and make sure to check how comfortable they are with the start of a new year
- Make the most of the last few days before school starts



Night before school:

- Check that all your things are ready for the next day
- Get your clothes ready for the next day so you don't struggle to find them
- Set any alarms that are needed if use them
- Go to sleep at a reasonable time so you are not tired arriving into school



By Anastasia

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

Things to do to keep busy over summer!

Chocolate Chip Cookies

Ingredients (24 cookies)

125g butter, softened
50g brown sugar
50g caster sugar
1 large egg
1 tsp vanilla essence
225g flour
½ tsp of baking powder
A pinch of salt
100g of chocolate chips



Instructions

1. Preheat the oven to 170°C. Line 2 baking trays with baking paper.
2. Beat the butter and both types of sugar together using an electric whisk. Add the egg and vanilla essence and beat some more.
3. Sift in the flour, baking powder and salt. Combine all ingredients.
4. Stir in the chocolate chips.
5. Divide the mixture into 24 balls of dough and arrange them on the baking trays, leaving plenty of space between them.
6. Bake for around 10 minutes until they are only slightly brown. Leave to cool and enjoy!

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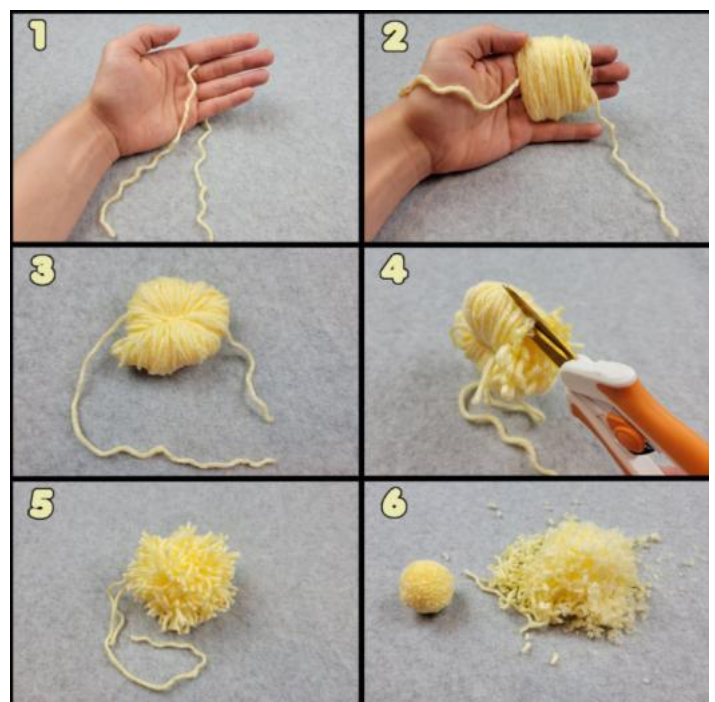
Fun Activities:

1. Go to the park
e.g John Leigh, Stanford, Pickering Lodge Park, Worthington Park
2. Go for a walk
Lymm Dam, Sale Water Park, Bridgewater canal
3. Visit a museum
4. Have a picnic
5. Play tennis at Stanford Park
6. Try a new café
7. Teach yourself a new instrument or language
8. Go to a charity shop and find a cool and quirky outfit
9. Go on a bike ride
10. Have a sleepover with your friends

Things to do in the city:

1. Act like a tourist in your own city, and go sightseeing
2. Alphabet Challenge- find something beginning with each letter
3. Rainbow Challenge- find a flower for every colour of the rainbow
4. Try an odd combination of meal deal
5. Go to the theatre/cinema

How to make a pompom!!



By Aine

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Summer Self Care Bingo!

Make your favourite summer snack	Do some yoga in the shade	Go star gazing
Make a summer playlist	Have a screen free day	Call a loved one
Enjoy a midday nap	Practise gratitude in a journal	Push yourself out of your comfort zone

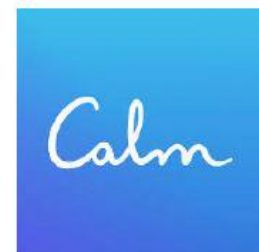
Pushing out of your comfort zone can have many benefits! The brain rejects change but new activities improve your resilience, proving to yourself that you can achieve more than you think. Set a goal this summer and see what you can accomplish!

By Emily

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

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.



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