



SUMMER 2023

Greetings from the Lionheart Family

Welcome to the Summer.

We hope that you are looking forward to having some time away from work to be with family and friends. Thank you for your support again this academic year; we know that children do better at school when parents and carers are involved in a child's education and there is a positive relationship between school and home.

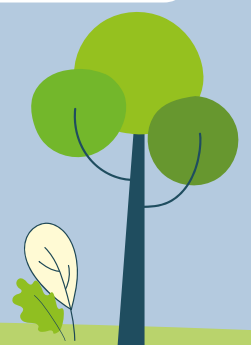
Here at Lionheart we are passionate about ensuring that young people develop academically and holistically. Physical and emotional wellbeing are an integral part of this. Young people continue to struggle the emotional roller coaster of life and need ranging levels of support to help them develop the resilience to better manage life's peaks and troughs. Mental health impacts all of us and, just as with physical health, needs to be talked about. At Lionheart we aim to signpost our young people to appropriate support strategies so that they can grow into confident, well-rounded individuals who have the capacity and know-how for effective self-care.

With support from Lionheart staff and students, we have devised a Lionheart package which will grow in strength across our schools. We want all young people who attend Lionheart schools to thrive not survive their time with us, and where needed we will provide advice, help, access to more help and specialist support as needed. This work is a collaborative ongoing project and you will hear more about it in 2023-24.

For parents supporting their children

We all worry about our children when they are going through a rough time and sometimes need some inspiration on what to say or how to respond.

<https://parentingsmart.place2be.org.uk/> has some short reads from helping your child prepare for secondary school to supporting them with peer pressure.



Managing emotions

We all have mental health and it should never be a taboo subject. For teens and tweens, they may be interested to listen and watch how the England football team deal with anxiety.

<https://www.youtube.com/watch?v=dKpdBZ8Yxj4>



Summer Offers

<https://freesportssessions.aldi.co.uk/>

To claim your free sports activity you must collect a unique code at the till when spending £30 in any Aldi UK store between 19.06.23 and 31.07.23. All codes must be redeemed by 30.09.23.

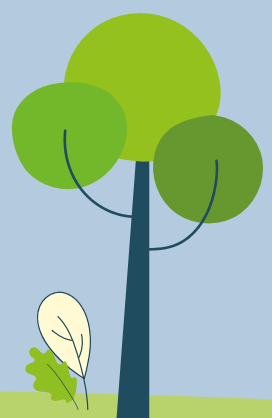
As the cost of living crisis continues and many households see their bills including petrol and food shop costs increase, many of us are trying to tighten our belts and watch the pennies. With the kids breaking up from school for the summer holidays in the next couple of weeks, a number of restaurants and cafés have been announcing their summer deals.

See more information here <https://www.leicestermercury.co.uk/whats-on/food-drink/restaurants-cafs-leicestershire-kids-can-7321426>

Plan in some days out if you can: look at this website as a family for ideas <https://www.dayoutwiththekids.co.uk/things-to-do/east-midlands/leicestershire>

Mindfulness

If you are needing some time out over the holiday or you just want to try something new, have a go at mindfulness <https://www.youtube.com/watch?v=0-6f5wQXSu8>



Keep up your levels of fitness

<https://thedailymile.co.uk/at-home/>

We all need to try to be physically active and The Daily Mile at Home can help almost everyone to do this. We believe that it will be useful for children, parents and carers in helping them to look after their physical and mental health.

The Daily mile at home comes from 15 minutes of walking, running or jogging in the fresh air – doing it at whatever pace suits you best and wearing what you'll feel most comfortable in.

The power of reading

A growing body of research indicates that reading literally changes your mind. Using MRI scans, researchers have confirmed that reading involves a complex network of circuits and signals in the brain. As your reading ability matures, those networks also get stronger and more sophisticated.

Reading with your children, even if just for 10 minutes a day builds a warm and happy association with books, increasing the likelihood that children will find reading enjoyable in the future and use it as a means to calm and soothe the mind.

Reading increases vocabulary, raises self-esteem, builds good communication skills, and strengthens the brain, and as such boosts academic performance in school.

We've attached some fabulous work from some of our Year 6 pupils who have written some reviews of their favourite books to entice you to pick up a copy to fill your free time this summer.

And of course, don't forget the summer reading challenge at your local library

<https://www.leicestershire.gov.uk/leisure-and-community/libraries/books-and-reading/summer-reading-challenge>

<https://www.leicester.gov.uk/your-community/libraries-and-community-centres/libraries/children-and-young-people/summer-reading-challenge/>

<https://www.youtube.com/watch?v=4pMIYj8-PM>



BOOK REVIEW

BOOK TITLE

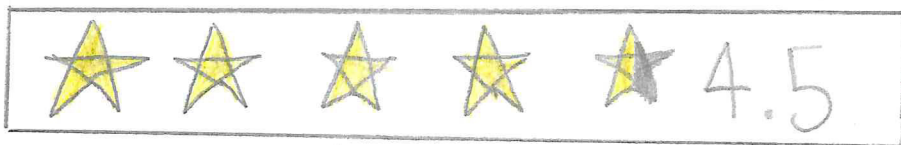
Simply The Quest

Information

Fiction

Fantasy

Adventure



my Star rating

Main Character

Name - Elliot

Personality - humorous, stubborn and troublesome



Character

This book is:



Synopsis

They face other enemies that sequel the first book, but Elliot get a surprise visitor.

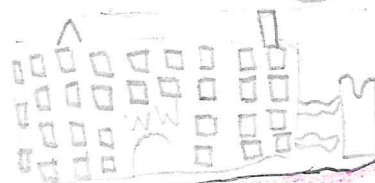
Book Review

Author: Roald Dahl
Book reviewed by: Ruby
Title: Charlie and the chocolate factory

My book cover

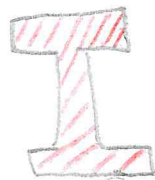
Roald
Dahl

Charlie and the
chocolate factory



Non-fiction
fiction

What was the book about?
a young boy and 5 other
people got a golden
ticket and went to
Willy Wonka's factory
and all the other people were
out except Charlie Bucket.



LOVE

BOOKS



Who is your favourite
character. And why?

Charlie Bucket
because he is
not greedy and
he is a very nice
loving boy. Eg: he got
a chocolate bar and
he shared it with
all of his family.

Picture of favourite character

Charlie:



My Star rating

★★★★★
I'm rating this book
5 stars because
it is so
sunny.

This book
Made me feel
good or bad



happy warm good

FEEL

interesting

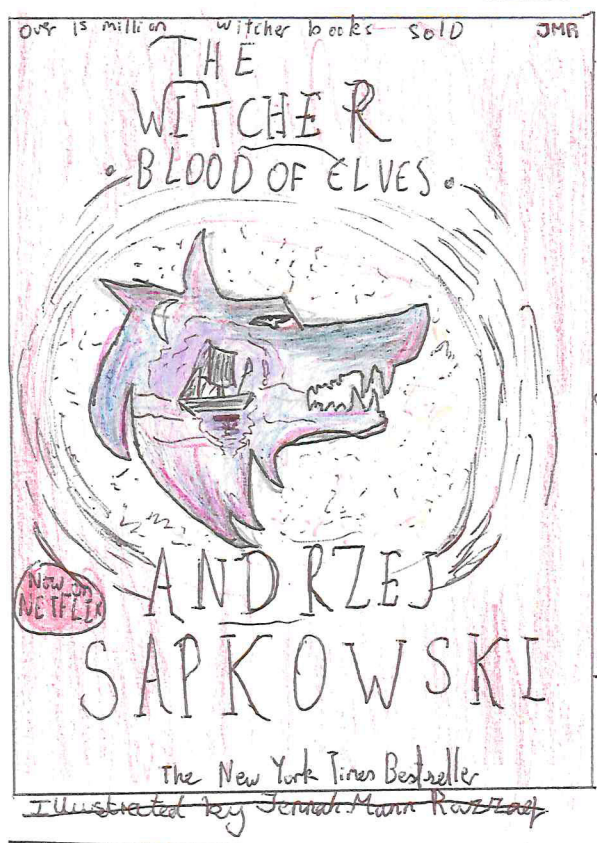
Amazing funny excited

Book Review

Book no.: 1 of 5 by *Wim S. Mori*
 Name: The Witcher: Blood of Elves
 Author: Andrzej Sapkowski
 Genre: magic, adventure, fantasy, fiction.

Star rating:
 ★★★★★
 4.75 stars.
 Great book; can be slightly hard to comprehend at times

Fun Fact:
 Geralt names all of his horses 'Roach'!



made by Jennah R.

CHARACTERS

Main Character: Geralt of Rivia
Species: Human (mutated)
Age: Unknown
Hair color: white
Occupation: Witcher
Description: Rivian, Geralt is a Witcher, who makes a living off of slaying monsters, a monster slayer for hire, if you will! But when he meets Ciri, the child of destiny, whom he must protect with his life. Has he finally met his match?

Main Character: Yennifer
Species: Human
Age: Unknown
Hair color: Copper
Occupation: Sorceress
Description: Vain Sorceress
 Yennifer was saved by Geralt, and in turn joins him on his travels.
 Smells like lilac and gooseberries.

Main Character: Ciri
Species: Human (part with elven blood)
Age: Unknown
Hair color: unknown
Occupation: Child of Destiny / princess
Description:
 Ciri becomes Yennifer's apprentice, and must learn how to control her magic before it is too late.

Some children will be racing to the end of term and glad that they don't have to walk through our doors for the next 6 weeks. We appreciate that school for some young people is a cause of worry and dread. Thanks to parents at one of our secondary schools for this ROPE idea which we'd like to share in this summer edition:

How can you help your child to flourish and learn? Throw them a Rope:

Relationships,
Opportunities,
(drop the) Pressure
Emotional wellbeing

Relationships

- Try and spend time with them doing things they enjoy: Listen without judgement .
- Nurture any relationships they have with peers – organise things, invite others, choose activities and places they like.
- Ask school if someone can build a relationship with them.
- Look for ways your child can form positive relationships outside school – both peers and adults.
- How can you help nurture your child's relationships? Are there any small connections you could foster? Neighbours, tutors, local groups, relatives?

Opportunities

- Look for other ways of learning e.g. books, sports groups, arts groups, online classes and courses.
- Consider tutors, facebook groups, in person local groups.
- Self-directed education.

Allow yourself to think outside the box for your child's learning. What interests do they have that you could help them develop? What skills do they enjoy? What local groups and activities are there? What did they go to in the past?

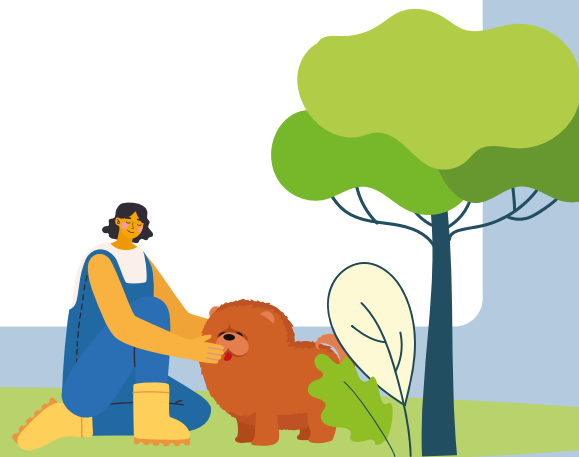
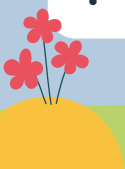
(Drop the) Pressure

- Talk to school about the language they use.
- Consider your own language and any pressure you are putting on your child, even if you don't think you are – other people might be able to help you with this.
- Listen to what your child says, and the choices they want to make.

Are there any ways you can take the pressure off your child? Does your approach and language need to be changed? Does school's approach need to be changed? Let your child know there are lots of ways to learn and paths through life.

Emotional Wellbeing

- How could you prioritise this?
- How can you bring more happiness into their life?
- Can you spend more time with them doing things they enjoy?
- Can you support them to further their interests?



Summer hydration tips

Infuse your water

Try jazzing up your water by adding a few fresh ingredients. Limes, lemons, mint, oranges, berries, cucumbers, and other fruits improve the taste without artificial sweeteners or preservatives. This can help you drink more water than you usually do, too. You can also give coconut water a try. This mineral-rich liquid is packed with potassium, magnesium, sodium, and calcium, so it replenishes lost fluids and electrolytes from exercise and hot climates quickly.

Eat foods with high water content

Did you know that approximately 80 percent of our water intake comes from drinking water? The other 20 percent comes from food. All whole fruits and vegetables contain some water, but snack on these for maximum benefit: cucumbers, celery, tomatoes, radishes, peppers, cauliflower, watermelon, spinach, strawberries, broccoli, and grapefruit. They all contain 90 percent water or higher.

Replenish when you sweat

It's essential to drink water throughout physical activity whether walking, cycling or in the gym based on your sweat rate and the humidity. Proper hydration means getting enough water before, during, and after exercise. Drink two to three hours before you exercise; take a glass 20-30 minutes before you exercise and a glass every 10-20 minutes during exercise. Drink no more than a glass 30 minutes after exercise.

Check your wee

A good measurement of hydration is the colour of your urine. Pale urine, similar to the colour of straw, indicates proper hydration while darker urine is a sign that you need more water. A dark yellow or amber colour means you may have mild to severe dehydration.

For Parents and carers: Green Tea Mojito

Fresh, herbaceous and bright. Great for energy and antioxidants.

Steep 2 heaped tsp loose or 2 tea bags of Green Tea in $\frac{3}{4}$ cup water at 80°C for 5 minutes.

Stir in 1-2 tsp honey or maple syrup. Add 1 tbsp of torn fresh mint and lime wedge to the glass and muddle. Top with ice. Squeeze over lime wedge.

For the kids: Frozen Hot Chocolate

Creamy, rich and refreshing. Like a healthy chocolate shake with mood-boosting benefits

In a high speed blender, add 1 cup coconut or almond milk, 1 tbsp raw cocoa powder, 1 frozen banana (cut into pieces), $\frac{1}{2}$ cup of ice, 1 tsp vanilla extract, 1 tsp maple syrup and 1 tbsp chocolate protein powder (optional). Blend until creamy, adding more milk as needed.



LIONHEART SAFEGUARDING: SOURCES OF SUPPORT AND GUIDANCE



**SAFEGUARDING CONCERNS: LEICESTERSHIRE COUNTY COUNCIL - 0116 305 0005
LEICESTER CITY - 0116 4541004**

EMERGENCY! AMBULANCE, FIRE, POLICE: 999

| | | |
|--|--|--|
| <p>Childline Free, confidential advice & support for those 18 & under 0800 11 11</p> | <p>FRANK Confidential drugs information and advice 03001236600</p> | <p>Forced Marriage unit 020 7008 0151</p> |
| <p>Victim support Helping victims of crime 08 08 16 89 111</p> | <p>Kooth Online mental health services for young people and adults. https://www.kooth.com</p> | <p>Honour-based violence & forced marriage 0800 5999247</p> |
| <p>Drinkaware Alcohol support services 0300 123 1110</p> | <p>Anxiety UK 03444 775 774</p> | <p>LGBT+ helpline 3.00pm - 5.00pm Tuesdays & Wednesdays, 1:00pm 3:00pm Thursdays 07935 669611</p> |
| <p>BEAT Eating disorders Helpline 0808 801 0811</p> | <p>Leicester Sexual Health clinics To book an appointment 0300 124 0102 (Haymarket Health Centre)</p> | <p>Samaritans Confidential, emotional support. 116123 www.samaritans.org</p> |
| <p>Crimestoppers Give crime information anonymously 0800 555 111</p> | <p>Homelessness 0116 2211857</p> | <p>Mind Mental health charity 0300 123 3393</p> |
| <p>CRUSE Bereavement counselling: 0333 554 9157</p> | <p>Domestic abuse Helpline www.nationaldahelpline.org.uk 0808 2000247</p> | <p>Karma Nirvana Honour-based violence & forced marriage 0800 5999247</p> |
| <p>SHOUT https://giveusashout.org/ 24/7 You can text us any time, day or night anxiety and mental health support.</p> | <p>Harmless https://harmless.org.uk/self-harm-form-leicestershire/ referral for self-harm and suicidal prevention.</p> | <p>You.HQ https://www.youhq.co.uk/ Personal Development tool to inspire and succeed.</p> |

TEEN HEALTH 11+

advise and guidance around referrals 0116 3055 8727

WWW.leicestershire.gov.uk/education-and-children/schools-colleges-and-academies/teen-health-11-19
support to improve emotional well-being, healthy relationships and making healthy choices.

LIONHEART RESOURCES: TO SUPPORT YOUR WELLBEING



The apps below are all designed to promote well-being. Most have free trial packages and whilst they do not claim to solve any concerns you may have, they do provide alternative and additional resources to support your overall sense of wellbeing. Remember, if you have any significant concerns about your wellbeing, you should always speak to a trusted adult and consult with your GP.

Done

A habit tracker Done helps you create healthy routines by helping you to set goals, track your progress and then motivating you with streaks/ chains. It lets you set a goal and track it multiple times a day (useful for revision!). It can help you to build and quite habits/activities. The free version helps you to create 3 habits or goals.

Headspace

Literally giving users a workout for the brain - led by former Buddhist monk Andy Puddicombe - the premise is to take ten minutes a day to listen in and clear your mind. So what are the benefits? Users report better attention spans, alertness and instant calm.

Calm

Provides guided meditations in different lengths of time (from three minutes to 25 minutes) to help you relax, de-stress, and sleep. There are also Sleep Stories, bedtime stories that can help you catch some z's.

Calm Harm

Developed by a Clinical Psychologist, it provides tasks to help you resist/ manage the urge to self-harm. You will be able to track your progress and notice change

Couch to 5K

Exercise can make you feel better both physically and mentally. C25K is a running app that takes you from 0 to being able to run 5K in 8 weeks. It gradually builds you up to this providing 3 guided sessions per week which can be played over your favourite playlists to inspire you to keep going. Works even for the most reluctant athlete! How many km can you cover?

Sleep Cycle

Do you worry about your sleep, feel you don't get enough of it or that your quality of sleep isn't great? This app claims to track your sleep cycle throughout the night, based on movement and sound analysis. It works to wake you up when you are at your lightest sleep which means you'll be much less groggy and grumpy rising.

My possible self

If your mental health is a concern, My Possible Self may help. Use the 'moments' function to monitor your feelings and recognise any patterns or triggers in your behaviour, and the self-help 'modules' to tackle issues such as stress, anxiety, loss or major life changes.

Wakeout

Exercise is good for the mind and the body, but sometimes finding the time to workout can seem next to impossible. Luckily, Wakeout has you covered with a library of over 300 free exercises which can be done in 30-second chunks in the places where you spend most of your time

Meditopia

Meditopia's library offers over 1000+ guided meditations on topics including stress, anxiety, acceptance, happiness, motivation, focus and breath.

Mindshift

An app designed to help young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

Other activities

Listen to audio books • Watch a film • Bake/cook • Make something • Draw/colour • Speak to a friend • Help others • Organise your room • Play sport • Social media detox • Go for a walk • Read • Listen to music/make a playlist • Organise your files • Play board games • Write a letter/journal

www.healthforteens.co.uk