



MEDEN
SCHOOL

Mental Toughness

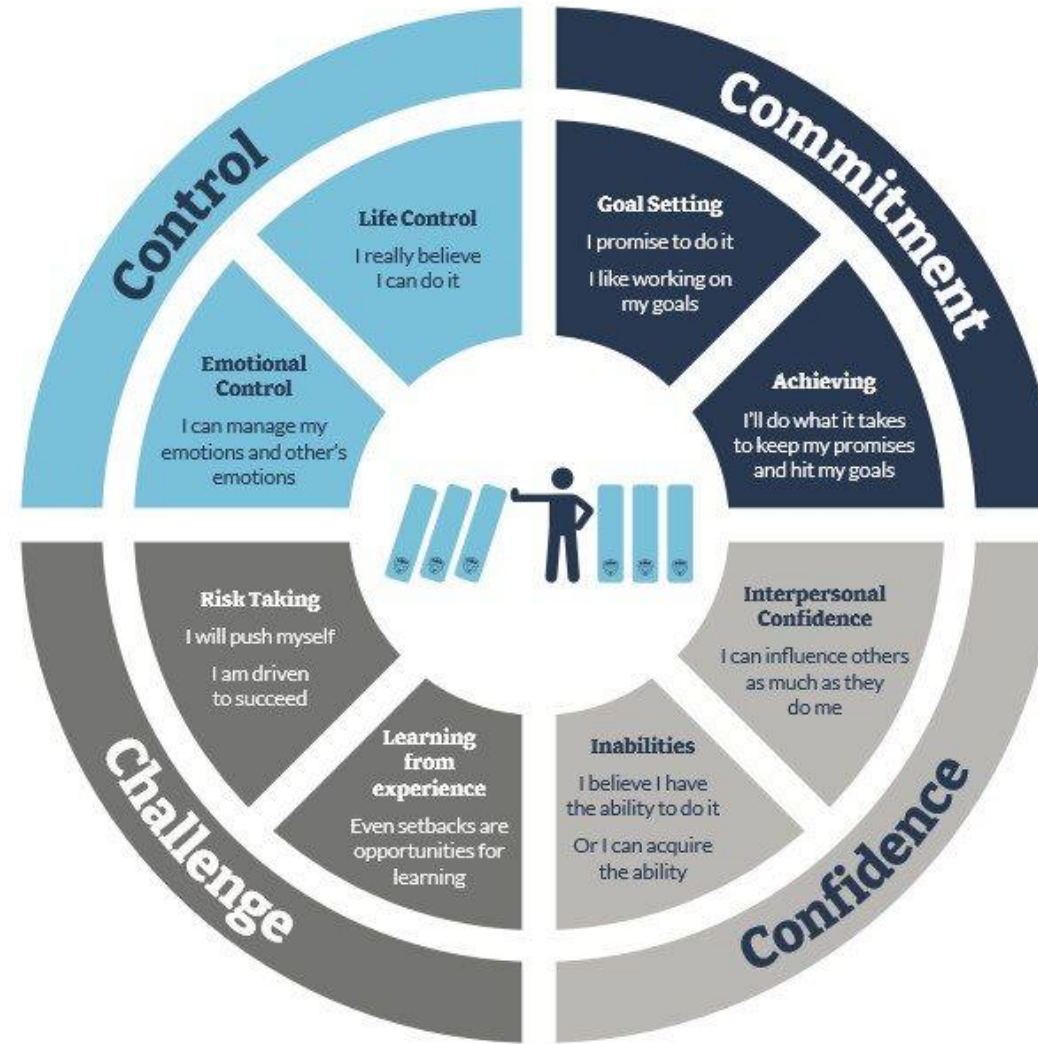
WHAT IS MENTAL TOUGHNESS?

Mental Toughness is a combination of Resilience and Confidence;

- **Resilience** – the ability to bounce back from setbacks and failures
- **Confidence** – the ability to take advantages of situations and opportunities

This enables us to “survive and thrive.”

It is a state of mind and as such can be developed and improved.





APE

Prevent being **A**ggressive or emotional
Prevent being **P**assive or ignoring people
Prevent **E**scaping and walking away



ACT

Be **A**ware of your emotions
Be **C**lear about what is the right thing to do
Transform your behaviour & actions

DEEP BREATHING

Why are we doing this?

- It reduced stress and anxiety
- It lowers blood pressure
- Induces a feeling of relaxation
- When you are overwhelmed with emotion, your heart rate accelerates, your blood pressure shoots up, and this can make you feel anxious
- Deep breathing slows down your breathing so that your body can return to its normal, restful state

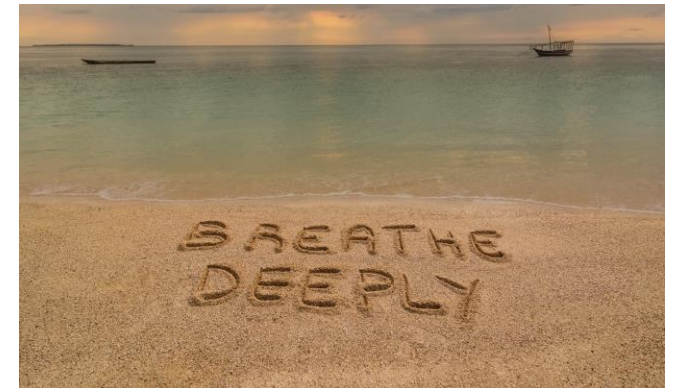
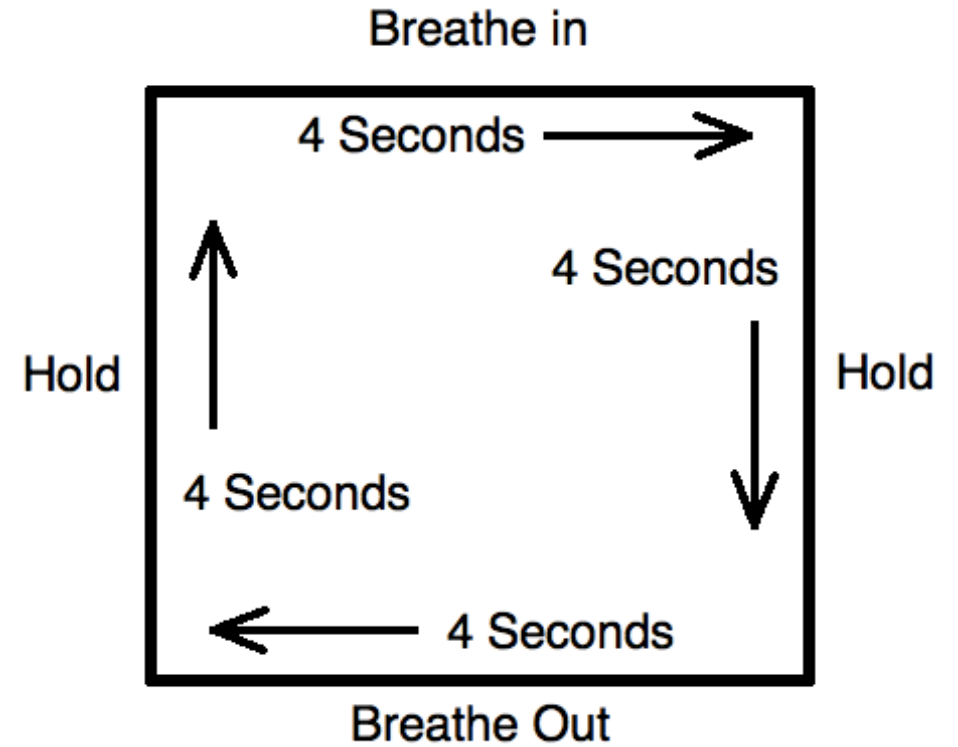
- 
- TO DO:**
- DEEP BREATH
 - DEEP BREATH
 - DEEP BREATH
 - DEEP BREATH

DEEP BREATHING

How to do deep breathing effectively

- 1) Sit on your chair
- 2) Slowly exhale out of your mouth, getting as much air out of your lungs
- 3) Inhale through your nose and slowly count to 4
- 4) Hold your breath for another 4 counts
- 5) Slowly release the breath out of your mouth for another 4 counts
- 6) Finally hold your breath for four counts

- 7) Repeat the pattern 2 or 3 times



Meden's Mental Toughness Weekly Journal



Date:

This week's rating:



This week's wins:

-
-
-

What went well?

What didn't go well?

What could I do better next week?

My top priority next week and why



EXAMPLES OF SESSIONS

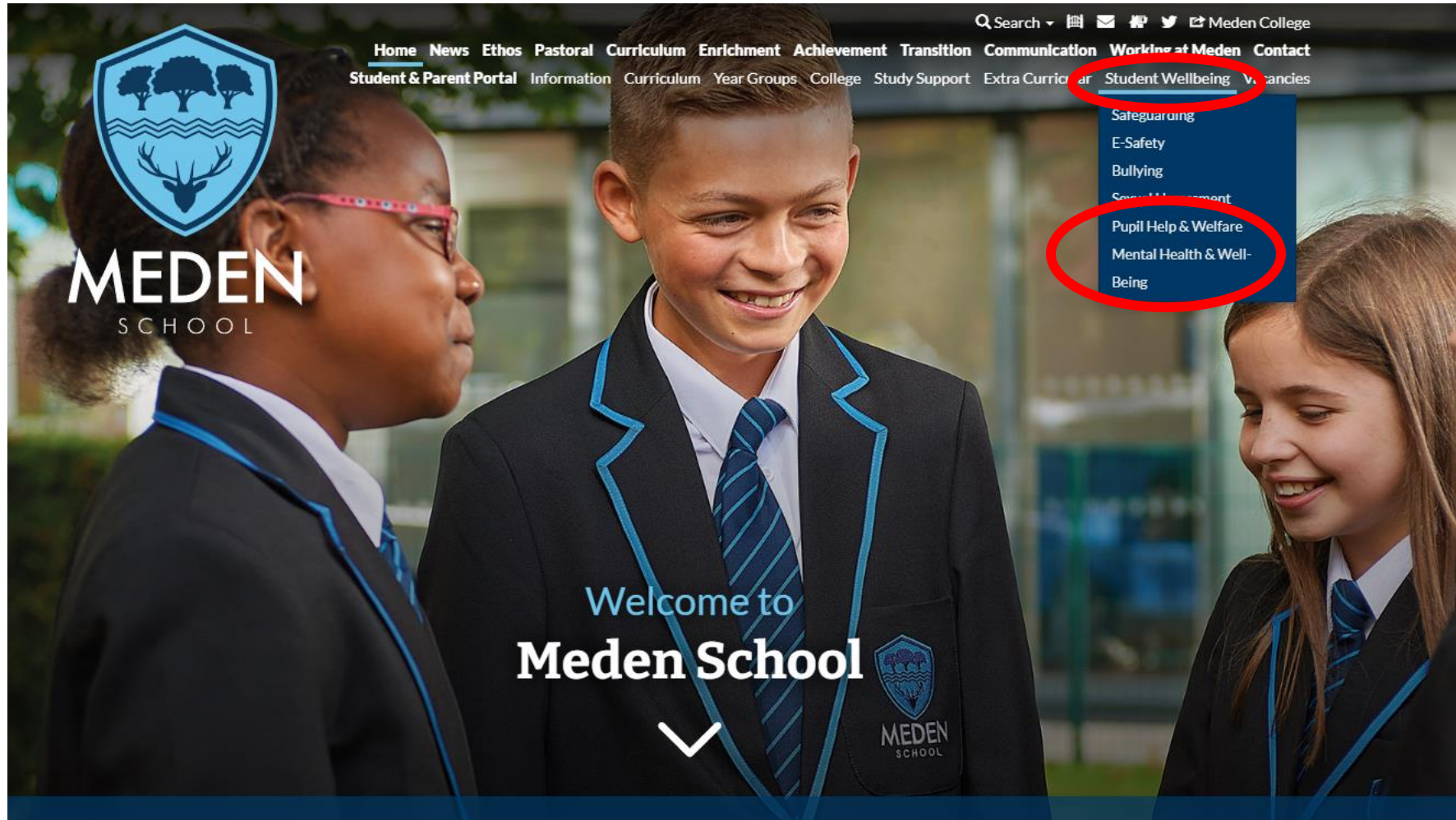
- Physical and mental well-being
- Positive words
- What keeps us going?
- Sleep
- Procrastination
- Managing time
- Dealing with exam nerves
- Exam stress

Team Meden



Belonging

We are hoping the Mental Toughness Curriculum makes all students feel more like they are in 'Team Meden' and they all belong



Student & Parent Portal


Careers

23 Jul
Calendar


Exams


Homework


Remote

Student Wellbeing

- [Introduction](#)
- [Safeguarding](#)
- [E-Safety](#)
- [Bullying](#)
- [Sexual Harassment](#)
- [Pupil Help & Welfare](#)
- [Mindfulness](#)

Mental Health & Well-Being

[Home](#) > [Student Wellbeing](#) > [Mental Health & Well-Being](#)

Mental Health Matters

Mental Health and Well-being

It is OK to not feel OK, many people of all ages will struggle with a mental health issue at some point in their life.

Being emotionally healthy includes:

-  Having self-esteem and self-respect
-  Being able to recognise and express feelings
-  Being able to manage emotions to suit the situation
-  Recognising and managing the factors that affect emotions
-  Feeling positive about life

Remember, at Meden you have lots of people you can speak to for support:

- Form Tutor
- Student Services Team
- Head of Year
- Favourite Teacher
- Designated Safeguarding Lead
- Friend

If you are having a difficult time, or you are worried about someone else, you can call the Samaritans 24 hours a day, 365 days a year, on 116 123 for free, or ChildLine on 0800 1111 for free.

Need some help or advice? Visit these sites for support:


mind.org.uk


childline.org.uk


riteaids.org.uk


nspcc.org.uk


kooth.com


stonewall.org.uk


calamhem.co.uk


teentalk.org.uk


samaritans.org

Try the Headspace app:



[headspace.com](https://www.headspace.com)

July 2024

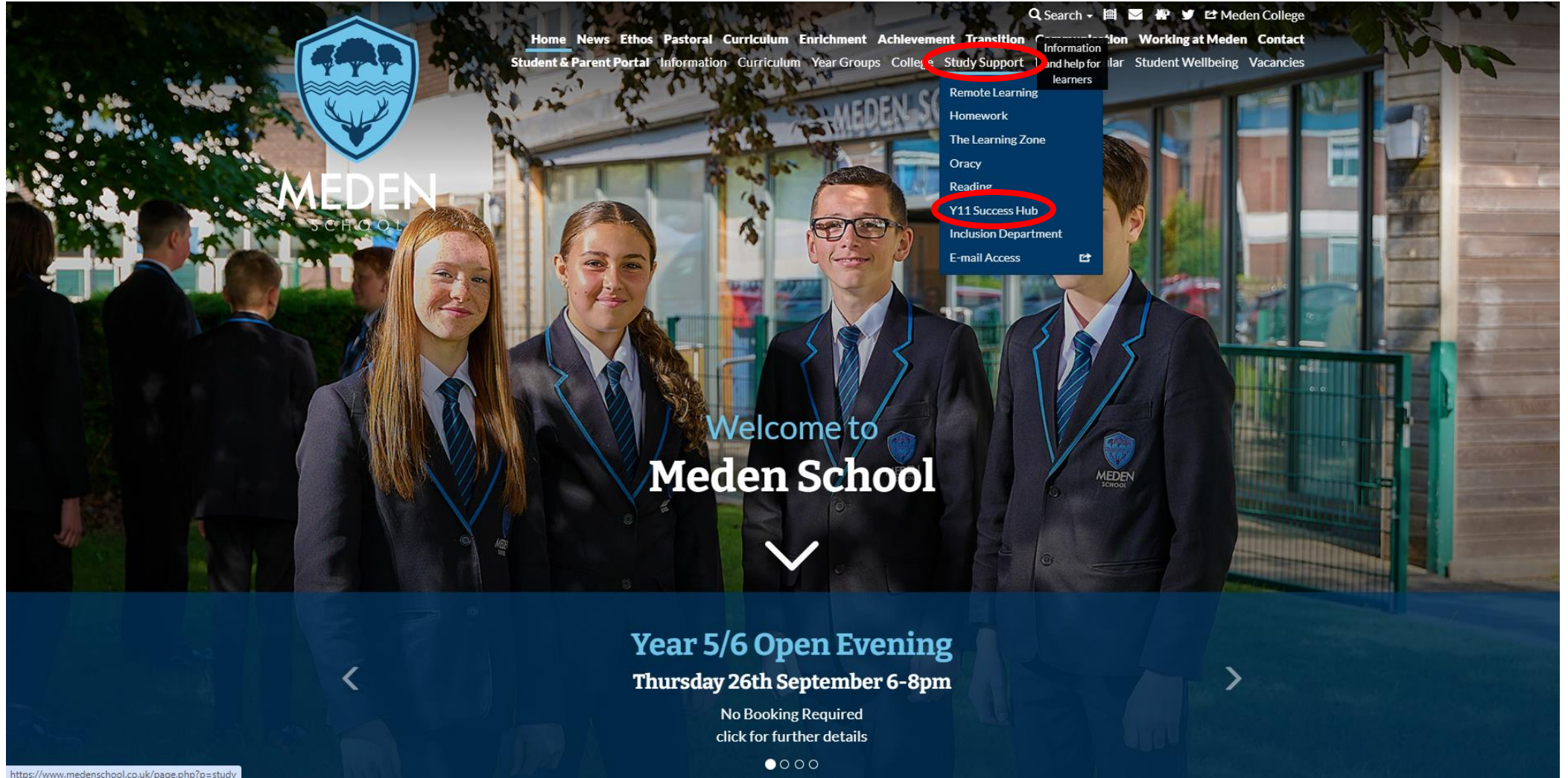
M	T	W	T	F	WE
1	2	3	4	5	6
8	9	10	11	12	13
15	16	17	18	19	20
22	23	24	25	26	27
29	30	31			

[View the calendar in full](#) →

At Meden School we are determined to develop every aspect of our student's character. We aim to achieve this through our Personal Development Curriculum, which provides students with an opportunity to explore and develop key aspects of their character.

The Personal Development curriculum seeks to educate students on how to lead a healthy lifestyle, have good mental health, how to cultivate healthy relationships through school life and beyond and how to positively contribute to their community.





The screenshot shows the Meden School website homepage. At the top, a navigation menu includes links for Home, News, Ethos, Pastoral, Curriculum, Enrichment, Achievement, Transition, Information, and Working at Meden. A dropdown menu is open under 'Transition', listing options like Remote Learning, Homework, The Learning Zone, Oracy, Reading, Y11 Success Hub, Inclusion Department, and E-mail Access. The main banner features a group of students in school uniforms with the text 'Welcome to Meden School'. Below this, an announcement for a 'Year 5/6 Open Evening' is displayed, including the date and time, and a note that no booking is required. A URL is visible at the bottom left of the screenshot.

Search Meden College

Home News Ethos Pastoral Curriculum Enrichment Achievement Transition Information Working at Meden Contact

Student & Parent Portal Information Curriculum Year Groups College Study Support and help for learners

Remote Learning

Homework

The Learning Zone

Oracy

Reading

Y11 Success Hub

Inclusion Department

E-mail Access

MEDEN
SCHOOL


Welcome to
Meden School

Year 5/6 Open Evening
Thursday 26th September 6-8pm


No Booking Required
click for further details


<https://www.medenschool.co.uk/page.php?p=study>


Student & Parent Portal


Careers

17 Sep
Calendar


Exams


Homework


Remote

Y11 Success Hub

[Home](#) > [Study Support](#) > [Y11 Success Hub](#)

Welcome to the Y11 Success Hub!

On this page, you will find a number of resources designed to help you reach your full potential in your GCSE exams this summer and be a SUCCESS.

As well as lots of helpful revision tips and strategies, you will find tips and guidance about how to look after yourself at this vital time, and information for your parents.

If you have any questions or worries, then please feel free to email your tutor or Miss Singleton (Y11 Achievement Leader) osingleton@medenschool.co.uk

EXAM TIMETABLE

The link will be placed here once available

PARENT INFORMATION EVENING

Parent Information Evening is Thursday 19th September 6-7pm

Resources For Students

How to Revise Guide:

With exams just around the corner, revision is on everyone's mind, but the real question is 'What are the best revision tips?' Exam periods can be scary times, the grades you get can affect what you go on to do in later life, which can lead you to stress over the grades you'll get. The best way to ensure you achieve your potential is to revise, make sure you retain the information you've been taught and know how to implement the knowledge that you have. We have developed a simple guide to revision that will help you retain more information in your

September 2024

M	T	W	T	F	WE
					1
2	3	4	5	6	7
9	10	11	12	13	14
16	17	18	19	20	21
23	24	25	26	27	28
30					

[View the calendar in full](#) →



MEDEN
SCHOOL

SEMH Support Group



Do you ever feel worried, low in mood or anxious? Do you lack confidence or not good enough? Do you ever feel alone?
If So...

Join our support group
With Miss. Hill (School Counsellor)

Year 9 & 11	Year 7, 8 & 10
Monday Lunch Time	Friday Lunch Time
E6	E6

ASPIRATION  EXCELLENCE  ACHIEVE

ASPIRATION



EXCELLENCE



ACHIEVE



Turn and Talk: How do these headlines, images and videos link to you, your school community, and the world?

Review

The Anxious Generation by Jonathan Haidt - a pocket full of poison

An urgent and persuasive warning about the toll of 'phone-based childhoods'



Ashford school to make students lock their phones in pouches

05 December 2023



Students will each have their own pouch



The John Wallis Academy in Ashford to lock pupils' phones away in same pouches as those used at Micky Flanagan's O2 Arena shows

Liane Castle | castle@thekmggroup.co.uk
Published: 05:00, 05 December 2023 | Updated: 12:01, 05 December 2023

Read all comments | 87
f | X | in | e

W News Education Wales schools

The school where children lock their phones away in £10 pouch

The system has improved learning, socialising,

It's not you. Phones are designed to be addicting.

NEWS By **Abbie Wightwick** Education Editor

16:01, 1 FEB 2024

Bookmark



Reclaim your brain

A new series for anyone who wants to spend less time on their phone - and live more

Join us



WHAT WE DO TO TRY AND SUPPORT

- Mental Toughness Curriculum
- Teaching of explicit strategies of how to revise
- A free breakfast
- Intervention sessions
- Working with the Mental Health Support Team (MHST)
- A safeguarding team
- Onsite school counsellor for more complex cases
- A student services team
- Mentoring
- An achievement lead (Miss Singleton) and a deputy (Mr Hyatt)

USEFUL WEBSITES

- <https://www.youngminds.org.uk/>
- <https://www.mind.org.uk/>
- <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>