

Welcome to Heathfield



A Sense of Security ...

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A Sense of Security...



The Merit of One

is

The Honour of All

Helpful Information

to Assist You to

Make the Right Decisions

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1. INTRODUCTION

Starting a new school is another beginning of an exciting new adventure. With all new experiences come, naturally, some worries. Hopefully, many of the concerns will have been covered in the booklet, *'A Sense of Belonging ...'*, eg 'What shall I take?' and 'Who will look after me?'

However, there are other more sensitive issues that you may be concerned about whilst you are at school. These worries are perfectly normal, particularly when you are starting a new school, eg:

- ✧ Will I make friends?
- ✧ Will I be homesick?
- ✧ Will I be bullied?
- ✧ Will I fit in?
- ✧ Will I be able to sleep?

This booklet, *'A Sense of Security ...'* aims to give you some helpful information. Do take the time to read it and it will, hopefully, stop some of these worries from spiralling out of your control.

Firstly, with our help, take responsibility for leading a healthy lifestyle so that you have:

- ✧ a balanced diet
- ✧ adequate exercise
- ✧ and a regular sleep pattern

and you will find other concerns that you may experience from time to time, easier to cope with.

PLEASE remember that there are trained adults in school to help you, and together, with your parents, we will do our very best to resolve anything that is causing you concern at any time.

A problem shared, is a problem halved! so please READ ON

The Merit of One is The Honour of All

2. A Sense of Wellbeing ...

How do I keep myself healthy?

Other than when you were a baby, your teenage years are one of the fastest growing times of your life.

The physical changes that are taking place now put a big demand on what your body needs to eat **2200 CALORIES per day** to support your growing body and to stay healthy now and in the future:

No wonder I feel tired then!

Healthy Habits:

- *EAT a good breakfast to IMPROVE your Concentration.*
- *EAT 5 portions of fruit and vegetables everyday.*
- *Eat a variety of foods.*
- *Stay active with regular exercise.*
- *DRINK at least 8 glasses of fluid every day.*

STARCHY CARBOHYDRATES:

Potatoes
Wholegrain bread
Pasta

PROTEIN (45 – 60g each day) (Important as you grow taller and development of muscles)

25g meat = 10g
Fish, Poultry
Eggs
Dairy Products
1 Glass Milk = 10g
60g Nuts = 15g
250g Beans = 12g

EAT 2 SERVINGS PER DAY

CALCIUM & VITAMIN D (800 – 1000 mg daily)

(Crucial for maintaining healthy bones and teeth)
Milk, Cheese, Yoghurts, Egg Yolks
Leafy, Green Vegetables
Fortified Breakfast Cereals
Bread
Orange Juice
Dried Fruit
Seeds
Oily Fish

Eat 4 portions a day

Did you know that 90% of your bones are fully formed by the time you are 18 years old?

IRON (15mg per day)

(Needed to supply oxygen to developing muscles to help stop you becoming tired)
Meat: Beef, Lamb and Pork
Pulses: Beans, Peas, Lentils
Dried Fruits: Prunes, Raisins and Apricots

VITAMIN C

(Eat following foods to boost your iron absorption)
Citrus, Kiwi Fruit & Berries
Tomatoes, Peppers
Leafy Green Vegetables:
Broccoli, Brussel Sprouts & Spinach
AT LEAST 5 PORTIONS PER DAY

2.A Sense of Wellbeing...

Feeling good about myself?

You have just read on the previous page how important food is for your developing body. It is now up to you to make the right choices. There are plenty of healthy options available in the dining room at meal times.

What about exercise



Playing ball games when you are at school can help to keep your bones strong and healthy, which will help reduce fractures later in life. Healthy exercise now not only ensures healthy growth and development, but may well benefit your health and body for the rest of your life.



Other benefits from healthy exercise:

- being with friends;
- will boost your self confidence;
- opportunities to learn new skills;
- getting fit;
- gives you a 'feel good' factor;
- will boost your self-esteem;
- BUT, most of all, having fun



What about sleep?

You won't often have to think about 'am I getting enough sleep?' The school's regular bed-times and wake-up times are designed to ensure that you have the right amount of sleep **9 – 10 hours** that your body needs. It helps if you can stick to a regular sleep routine, but we do know that can be harder if you are sharing a room.

LACK OF SLEEP MAY CAUSE:

- ☹ friendship misunderstandings;
- ☹ lack of concentration, making learning more difficult;
- ☹ not enough energy for exercise;
- ☹ difficulty in managing your emotions;
- ☹ difficulty staying awake in the day time.

TIPS FOR HELPING BETTER SLEEP

- ☺ Make sure you are not too hot, or too cold.
- ☺ Settle down to relax before lights out.
- ☺ If you have something on your mind, write it down, before going to bed.
- ☺ Read a book, or listen to quiet music.
- ☺ Take a warm shower or have a relaxing bath & put clothes ready for the morning.
- ☺ De-clutter – tidy up your room!

3. A Sense of Friendship ...

Will I make friends?

This question is one of the most common thoughts when you find yourself somewhere new. You may actually prefer your own company, or you may like to be part of a large group, or you may just prefer to have one or two close friends. What is important is that you are happy and comfortable in your new environment, and that you do not have feelings of being 'left out'.



To help you settle in and get to know everyone, practice all, or some, of the ideas below. Don't forget to read your:

'Top Tips To Help You Feel at Home at Heathfield'

- **DON'T** sit around waiting for others to come to you - go and say 'HELLO'.
- **SMILE** at everyone you meet.
- **VISIT** another dorm, or room - there is often lots going on: music playing, dancing, chatting, planning outings.
- **JOIN IN** group discussions and contribute your views.
- **FIND OUT** about other cultures - talk to girls from other countries. - more interesting than a geography lesson!
- **THE BEST WAY** to improve your English, if you are from overseas, is to talk English - **FIND SOMEONE TO TALK WITH!**
- **ASK QUESTIONS** - you may be able to help another person.
- **SHARE** your tuck.
- **BE CO-OPERATIVE**.
- **KEEP** your sense of humour.
- **LAUGH** at yourself.
- **VISIT** the Common Room.
- **BE POLITE**.
- **THINK** before you say something - would you like it said to you?
- **COMPLIMENT** others.
- **START** a conversation - 'What do you like doing?'
- **BE ENTHUSIASTIC!**



3. A Sense of Friendship ...

Will others like me?

Some more ideas!

- **MAKE TIME** to make friends - make the effort.
- **SPEAK** to someone new every day.
- **LISTEN** to what others are saying - 50/50 rule!
- **LAUGH** with others - until you cry if necessary!
- **BE SENSITIVE** of others' feelings.
- **SAY HELLO** to someone new every day - don't forget to smile!
- **THINK** of conversational ideas before you walk into a room.
- **IF YOU'RE FEELING NERVOUS**, find another person on their own to speak with first, before joining a larger group.
- **COMMUNICATE** well by **SMILING, SHARING, QUESTIONING AND CONTRIBUTING**.
- **JUST BE YOURSELF**.

REMEMBER the following 3 'C's - a recipe for making friends:

- **CONSIDERATION**
- **COURTESY**
- **CARING**



QUOTE:

*'Do not protect yourself by a fence,
but rather by your friends.'*

A Czech Proverb

4. A Sense of Self ...

Will I fit in?

Your friends, and the relationships you have with them, are one of the most important things in your life at the moment. You may 'hang' on their every word sometimes... , and 'switch-off' to what you're being told by the adults/parents in your life ... friends must know better! This is a normal part of your 'growing up' as being accepted by your friends is what it is all about.



BUT ... sometimes friends can lead you astray - pull you in the wrong direction ... and you find yourself in trouble. This is all quite normal and part of 'growing up'.

When you are comfortable with:

- making your own decisions;
- setting your own standards;
- taking responsibility for your own behaviour, and;
- standing on your own two feet;



you will have developed your own unique identity and a ... *Sense of Self*.

Try not to let others encourage you to indulge in some activities that you may feel uncomfortable with at the time or at a later date, eg:

- taking up smoking;
- drinking alcohol;
- taking drugs, or
- uneasy relationships.

Sometimes you may find it hard to resist 'encouragement' from your friends and feel you have to join in. **BUT** ... think first ... take a look at our school policies, that can be found in your prep diaries and on boards in the boarding area. They are designed to help you and there are also trained people at school to advise you.

**DON'T BE AFRAID TO ASK
FOR HELP**

Benjamin Thomas

*Don't walk in front of
me, I may not follow.*

*Don't walk behind me, I
may not lead.*

*Walk beside me, and just
be my friend.*

*a beautiful song
by Dick Brice*

5. A Sense of Home ...

Will I feel homesick?

Even if you have been looking forward to joining us, it is not unusual to miss home and family at first. If you are from overseas you may be experiencing a little jet lag as well. Feeling 'at home' in another country, speaking a different language and adapting to a new culture can be difficult.



Homesickness is something worth thinking about before you come, just in case it should happen to you. The excitement has worn off, reality has set in and now you're wondering what's happening at home. It's natural but any thoughts that are making you feel a 'little down in the dumps' should only last a short while.

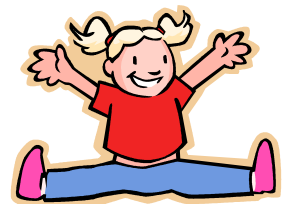


- Making your new room / area your own with belongings brought from home can feel comforting just having them around you.
- Taking each day as it comes and packing as much into it as you can also helps.
- Looking forward to dates on the calendar - refer back to *My First Term* - and see what there is to look forward for you to enjoy and achieve.

Emotions felt when settling down in an unfamiliar environment can bring on wishes for what you've left behind at home:

- is our dog missing me?
- has mum remembered to feed my goldfish?

The settling in period varies for different people. Some people jump straight in and get on with it, others may need more time or help to adjust to their new 'home'.



Dear Mum & Dad

I bruised my head when I flopped on my bed.
(There's a daddy long-legs up near the ceiling).
My room-mate's quite funny; for breakfast we had honey.
Gosh, homesickness is a really bad feeling.

Love Sarah

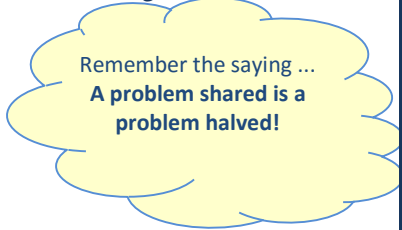
PS. Do I really have to stay here for two whole weeks?

A poem adapted from one by Denise Rodgers

5. A Sense of Home ...

Some helpful hints if the going gets tough!

- Think positive thoughts of what you have gained, rather than what you have left behind, eg new friends.
- Keep yourself busy - get involved in anything and everything.
- Talk to others in the same boat AND make each other laugh.
- Set goals for yourself.
- You will become more confident as the new routine becomes more familiar.
- Talk with your Housemistress, or anyone - just talking about how you are feeling will help. ○ ○ ○
- Homesickness is normal.
- Keep a diary to record your thoughts and feelings - it helps sometimes just to write things down.
- Acknowledge that it may take a little time to settle in.
- Listen to your favourite music, or watch your favourite film.
- Read your TOP TIPS TO HELP YOU FEEL AT HOME AT HEATHFIELD.



Remember the saying ...
A problem shared is a
problem halved!

A Poem for you:

*That people could come into the world
In a place they could not at first even name
And had never known before;
And that out of a nameless and unknown place
They could grow and move around in it
Until its name they knew and called with love.....
And put roots there and loved others there;
So that whenever they left this place
They would sing homesick songs about it
And write poems of yearning for it*

William Goyen (1915 - 1983)
American writer

6. A Sense of Discrimination ...

What happens if I feel bullied?

We are lucky that we do not have many incidents of bullying at Heathfield, but it can happen. We will not tolerate any form of bullying whatsoever. We shall take any incidents that are reported to us very seriously and support the person who is being bullied in every way possible, whilst trying to educate the bully, or group of bullies, to see what they are doing wrong.

If you start to feel uncomfortable in any of the following ways, and it happens more than once:

- *Physically hurt by someone*
- *Receive unkind written notes or verbal abuse*
- *Feel threatened by another person*
- *Feel humiliated by another person*
- *Feel frightened by another person*
- *Upset because someone is persistently taking your belongings*
- *Receive unkind or threatening e-mails or texts*
- *Because you are being stared at / talked about*


you are being bullied, and you must first report it to someone that you feel comfortable doing so, eg your Housemistress, your LVI Form Prefect, your Tutor, Father Tim, a Nursing Sister.

REMEMBER, IT IS NOT YOUR FAULT

There is a copy of our ANTI-BULLYING POLICY on the notice boards around the school - please take time to read it. You will also be able to see extracts from it in your Prep Diary.

Bullying can happen:

- *in the boarding areas;*
- *during games;*
- *in the class rooms;*
- *in the common room;*
- *on a coach - IN FACT, ANYWHERE.*



**FIND
SOMEBODY
TO TELL**

6. A Sense of Discrimination ...

Bullying can take the form of:

- *the joke which is not funny;*
- *the game which everyone is not playing;*
- *the accident which was not an accident;*
- *'borrowing';*
- *the loan that is never returned;*
- *the lone pupil in the classroom;*
- *questions about missing belongings / or letters from home;*
- *unkind emails / msn messages / texts.*

REMEMBER:

Don't think about it.

Talk about it!

IT IS NOT YOUR FAULT



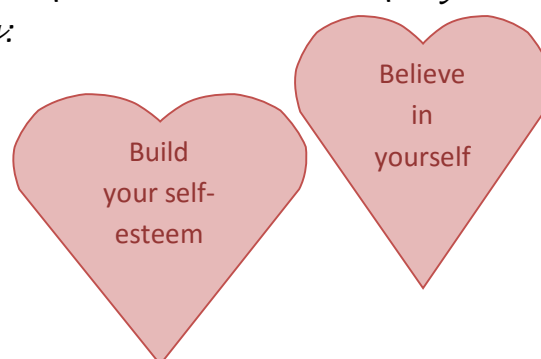
TELL SOMEBODY

7. A Sense of Self Esteem ...

- *How much self-confidence do you have?*
- *How much do you value yourself?*
- *How much pride do you have in yourself?*

It is very important that you develop your self-esteem in order to help you cope with everything that life throws at you. Self-esteem is essential for your emotional, physical and social wellbeing, eg:

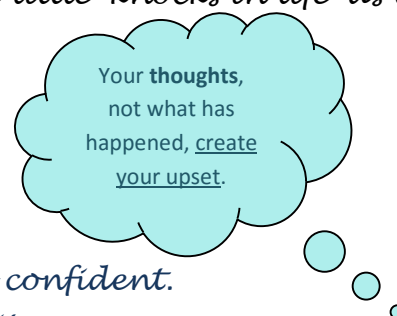
- *being happy with yourself;*
- *belief in your own skills and abilities;*
- *good friendships;*
- *respect yourself;*
- *look after yourself.*



Having this confidence and self-belief will help you to cope with any homesickness, bullying, etc that you may experience. You will achieve more at school, you will have more self-satisfaction with everything you do and that, in turn, will further boost your self-esteem. Building your self-esteem will put you in a much better position to take the little 'knocks in life' as they come along and you will enjoy yourself more.

How do I boost my self esteem?

- *A healthy diet is an important start.*
- *Exercising regularly is also beneficial.*
- *Learn something new to help you feel more confident.*
- *Make a decision to do something, then do it.*
- *Do something that you know you are good at regularly and feel the buzz.*
- *Stop thinking about yourself - think about others?*
- *Relax, breathe slowly - you will be less emotional.*
- *Make a list of everything you are good at and add to it.*
- *If you are having bad thoughts about yourself, don't - try relaxing.*
- *Practice saying "I am good at that and I am proud of myself."*
- *Support and love your friends and they will, in turn, support and love you.*
- *FINALLY, practice some of the tips above daily - it's down to you to build your self-esteem and the self-esteem of others.*



BE HAPPY AND REMEMBER TO KEEP A SENSE OF HUMOUR!

HIDING IN THE SHADOWS

(a Self-Esteem Poem)

*Do not stand in the shadow of someone else
When you can cast a shadow of yourself
A shadow is your reflection on the ground
It must be distinct if it is to be found.*

*Step out of the darkness and into the light
Display your personal talents without fright
A day will come when you are called to lead
Do not shrink from your chance to succeed.*

*Move to the forefront and take control
Seize the challenges of life and be bold
Don't let someone else take your place
You are a unique member of the Human Race.*

A poem by Ellen Bailey

A SENSE OF BELONGING

Can be the greatest boost to

SELF-ESTEEM