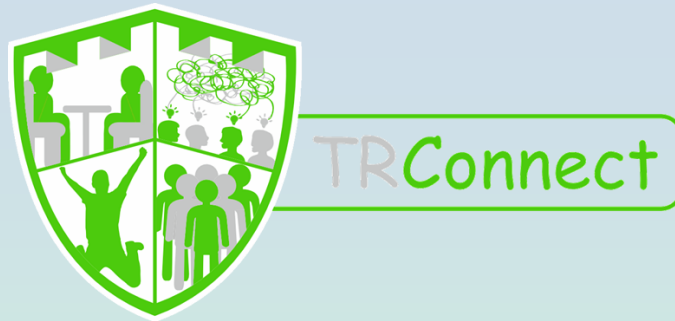
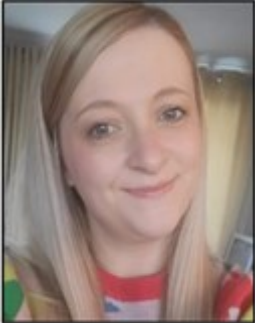
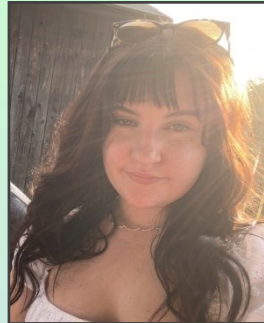




For a lot of us, summer is the most highly anticipated time of year, the weather is nicer, the days are longer, we get to spend more time with family and friends and our social calendars are full to the brim. Whilst the summer holidays are a well deserved break for some, for others, this time of year can heighten feelings of stress, anxiety and loneliness.

With the pressure to have fun and keep busy all of the time during summer, it can be easy for your mental well-being to take a bit of a toll during the holidays. Thanks to our **Self Care Summer checklist**, you can take steps to support your emotional, mental and physical well being, and become your best self!

The TRConnect team

		
Jess	Charlotte	Abby
College Counsellor	Mental Health Support Team Coordinator Youth Mental Health First Aider Registered Trauma Informed Practitioner	Thrive Keyworker – SEMH lead Trainee Counsellor
M102E	M102C	W101/ W208

Self Care Summer

1 SPEND TIME OUTSIDE

It can be easy to retreat to spending time in your bedroom when you don't have a routine, or you're not wanting to socialise, but sunlight and blue skies are great at lifting our moods—spending time in nature will really lift your spirits as well as boost your vitamin D intake.

GET ENOUGH SLEEP

It's difficult to maintain a good sleeping pattern during the summer, but it is so important. It's recommended that young people should get between 7-9 hours of sleep per night. Having better sleep = a better mood.

3 TAKE UP A NEW HOBBY

Considering you have so much free time during the university break, there's no better time to give something new a go, it will keep you busy as well as make you happier and more relaxed.

CREATE A SUMMER PLAYLIST

There's lots of evidence about the benefits of listening to music—it can help to relieve stress and anxiety, reduce blood pressure, boost exercise performance and mental alertness. So go and create a summer playlist you can put on when you're wanting to get those all important good vibes flowing.

5 GET MOVING

Staying active does wonders for your mental and physical well-being, so you should be sure to make exercise a priority for this summer. Getting those endorphins can help to calm our minds, improve our moods, and boost our sleeping pattern, along with so many more benefits.

MAKE SOME TIME TO RELAX

During the summer months, there's so much pressure to fill up our social calendars, but it's just as important to have downtime and recharge our social batteries every now and again. After all, you've worked hard all academic year, you deserve to get some well needed rest over the summer months.

7 EARN SOME EXTRA INCOME

If you're struggling to adjust to a lack of routine during the summer break, or your financial situation isn't great, you could always look at applying for a part time job. Not only are summer jobs a great way to earn some extra cash, you'll also get yourself out the house and you'll have extra work experience for your CV!

"SUMMER CLEAN" YOUR HOME

Having a summer clean is a self care activity you should get on board with. With the time off from college, spend some time organising, cleaning and tidying your space at home—they do say that a tidy space makes a tidy mind, and has a positive effect on both your mood and productivity levels.

9 MAINTAIN A WELL-BALANCED DIET

What many people fail to realise though, is that our diets are just as important to our mental health as they are to our physical health. Taking steps to improve your nutrition and eating a well balanced diet can help boost your mental and physical well-being. You could always look at new and healthy recipes to try yourself.

PRACTICE MINDFULNESS

Mindfulness is about being present and fully engaged with whatever we're doing at the moment, and is all about allowing thoughts, feelings and sensations to come and go. Practising mindfulness can help you to manage stress and anxiety, feel more relaxed, have more self control, as well as improve sleep.



SPEND TIME OUTSIDE

Have a look around some of our local green spaces..... or just sit in your garden. Fresh air and (hopefully) some sun will brighten our summer days.



Clifton
Park



Wentworth
Woodhouse



Rother Valley
Country Park



Thrybergh
Country Park



RSPB Dearne
Valley—Old Moor



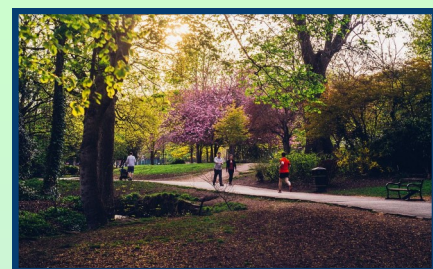
Ulley Country Park
& Reservoir



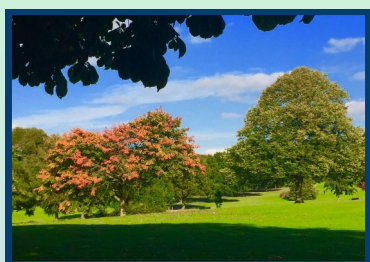
Botanical Gardens



Clumber Park



Endcliffe Park



Graves Park



Weston Park



30 Days Wild
Challenge Booklet

Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing. For example, doing things like growing food or flowers, exercising outdoors or being around animals can have lots of positive effects.



GET ENOUGH SLEEP

Maintaining a good sleep routine is vital for making the most out of your holidays. Sleep deprivation affects every aspect of your life, from friends and family relationships to problem solving skills and your general mood. So, by ensuring you get plenty of good quality and quantity of sleep each night, you can ensure you are at your very best! We know that as you get further into the holidays, late nights and your normal sleep routine can be ignored, but here's how you can help...

Have a balanced diet:

Eating well throughout the day not only helps look after your weight and energy levels, but it also has a positive impact on your sleep. Eat regularly, keep food options healthy and try to limit how many caffeine drinks you have.

Make the bedroom environment right:

Did you know that a tidy bedroom does help you sleep? You may not be able to make the bedroom a complete clutter-free zone but try to keep it as tidy as possible. Put clothes away, dirty cups in the dishwasher and tidy your working area. An ideal bedroom environment needs to be free of distractions, cool, quiet and dark and you should be sleeping on a comfortable bed.

Encourage regular exercise:

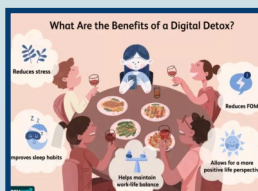
Instead of sitting around gaming, make time for exercise – whatever you enjoy doing most. Working out effectively gradually tires your body, promoting a better night's sleep. Releasing pent-up tension through exercise is also highly beneficial, helping to reduce stress before bedtime. Exercising is also followed by a drop in your body's temperature, which aids better sleep.

Keep a sleep routine:

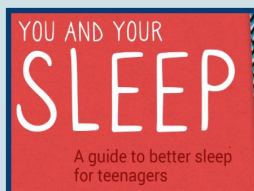
You may find that your bedtime slips over the summer holidays and you're waking up later – this is quite natural for but unfortunately doesn't quite fit in with keeping a routine ready for returning to college. If you find you are sleeping at the wrong time, try going to bed 15 minutes earlier every three nights to get back into a normal sleeping pattern. Keep a consistent wake up time too. Look below at a Sleep eBook for more help.

Turn off screens:

We know you want to Snap your friends or scroll through TikTok, but sometimes it's really good to turn them off – for your mental health but also your sleep. You could also consider a 'digital detox' for the next few evenings. Using screens before bed can double the length of time it takes you to fall asleep, as it suppresses the production of your sleep hormone, melatonin. Read or listen to music instead.



Digital Detox



The Teen Sleep Hub eBook



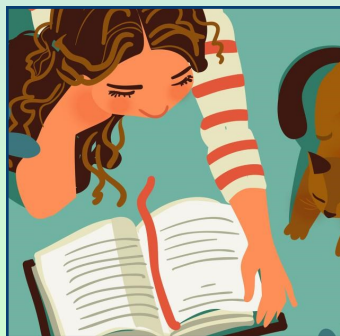
3



TAKE UP A NEW HOBBY



Painting



Reading



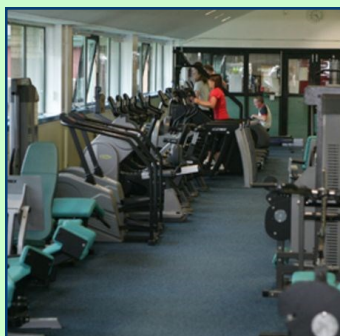
Write a blog



Walking



Running



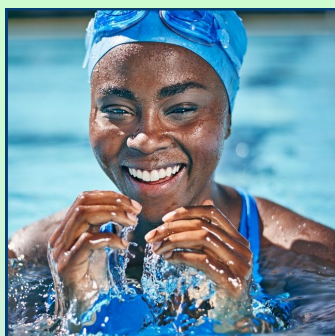
Gym



Volunteer



Photography



Swimming



Tennis



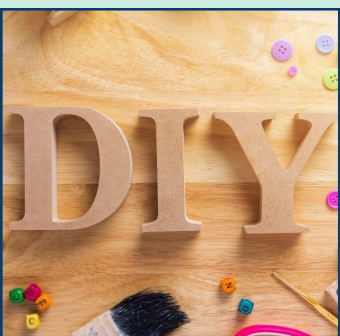
Knit/Crochet



Baking



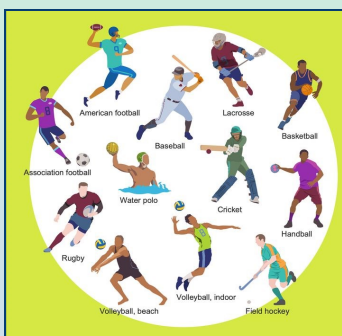
Cooking



DIY (ask permission)



Learn a language



Join a team



CREATE A SUMMER PLAYLIST

The biggest tip for creating the best summer playlist is to **have fun**. Throwing in a song from the past or an obscure one to add something new, or adding a song just because you love it makes for playful summertime surprises. Have a go at creating your own playlist or have a look at some **Spotify** examples below. Click on the yellow boxes, or scan the Spotify code to listen.

Public Playlist

SUMMER SONGS 2026

The ultimate feel-good soundtrack for Summer 2026. Perfect for beach days, lake hangs, happy hour drinks, sunset drives, pool parties, backyard BBQs, golf.

Filtr US • 418,553 saves • 250 songs, about 14 hr

SUMMER SONGS

Compilation

100 Greatest Summer Songs

Various Artists • 2019 • 100 songs, about 6 hr 30 min

SUMMER SONGS

Public Playlist

Summer Hits 2026

All the hits you'll need to make your summer sizzle.

Summer Hits

Public Playlist

Summer Dance Hits

the summer needs dance hits 🌞

Spotify • 1,898,734 saves • 75 songs, about 3 hr 45 min

Summer Dance Hits 2024



GET MOVING



The Sports centre is open over the summer offering Gym membership to new and existing students at £50 for an unlimited yearly membership or £20 term time only membership. Parent or Guardian must complete the relevant online membership agreements and give consent for any student to attend the gym. Opening times will be displayed in the sports centre and online once they have been finalised. For further information call [01709 300700](tel:01709300700) or email sports@trc.ac.uk

Inspire Sports will be offering 'turn up and play' badminton session free of charge over the summer holidays, dates will be finalised soon.

Badminton/ Table tennis and basketball court can be hired out with adult supervision with a 50% discount subject to availability (Student ID required).



Want to start running?
Take a look at the
[NHS—Couch to 5K](#) app

For parents of 7-15 year olds

WE'RE EXPANDING GAME CHANGER FOOTBALL ACADEMY!

WE'RE EXCITED TO ANNOUNCE THAT YOU CAN NOW FOLLOW US ON EVEN MORE PLATFORMS!

Stay up-to-date with all the latest training sessions, player development tips, academy news, highlights, and behind-the-scenes content!

YOUTUBE:
<https://youtube.com/@gamechangerfootballacademy>

TIKTOK:
<https://tiktok.com/@gamechangerfootballacademy>

INSTAGRAM:
<https://instagram.com/gamechangerfootballacademy>

WE'D REALLY APPRECIATE YOUR SUPPORT AS WE GROW THESE NEW CHANNELS. IF YOU CAN TAKE A MINUTE TO:

- ✓ FOLLOW OUR PAGES
- ✓ LIKE OUR CONTENT
- ✓ SHARE WITH FRIENDS AND FAMILY
- ✓ COMMENT AND ENGAGE WITH OUR POSTS

...IT WILL HELP BOOST OUR VISIBILITY IN THE ALGORITHMS AND ALLOW US TO REACH MORE PLAYERS, PARENTS, AND FOOTBALL ENTHUSIASTS IN THE COMMUNITY.

EVERY FOLLOW, LIKE, SHARE, AND COMMENT MAKES A HUGE DIFFERENCE AND HELPS US CONTINUE TO GROW THE GAME CHANGER FOOTBALL ACADEMY FAMILY.

THANK YOU FOR YOUR CONTINUED SUPPORT—WE COULDN'T DO IT WITHOUT YOU!

WEBSITE: WWW.GCFA.PRO CONTACT: JOHN@GCFA.PRO TEL: 07476395134

At Game Changer Football Academy, we help boys and girls of all abilities enjoy football while genuinely improving as players. Our focus is simple: develop confident, skilful footballers who can thrive in both academy and grassroots environments — while making sure they have fun every step of the way.

We use realistic, game-based training sessions and small-sided games that replicate real match situations. No cones or mannequins — just football as it's played. This "practice play" approach helps players learn faster, make better decisions, and develop their technique in a real-game context.



MAKE TIME TO RELAX

How many times have you heard the words 'just relax'. Sometimes it's easier said than done.

It can also be quite annoying to have someone telling you to relax, when there seems to be a lot on and out of your control. But often, life can be so busy we forget to take a break and step back. It's not unusual to have several things on our mind all at once. Things like exams, family, friends, finances, and the future can feel overwhelming. Feeling stressed or tense can be a signal to take a break and have some downtime. Relaxation is important for our mental health.

We all have different needs and coping mechanisms. What is relaxing for one, may not be relaxing for another. Some people find sitting down to read a book or watching Netflix relaxing and others prefer to be active, like going for a walk, playing sport or doing yoga. More formal practices such as meditation may come to mind too. Relaxation simply involves taking a break from everyday demands.

These are some of the simple things we can find joy in:

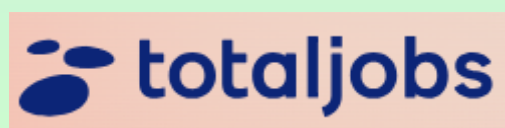
- Take time to read a book or magazine
- Have a nice warm bubble bath
- Cook a meal or do some baking
- Play with your pet if you have one
- Have a cup of herbal tea
- Listen to some music, dance or sing along
- Getting in touch with your artistic side and be creative—some decorating or creating a piece of art
- Spend some time in nature
- Technology detox—stepping away from your phone and TV for a while





EARN SOME EXTRA INCOME

Click on the images below for links to the websites



Support with your job
applications

CV support &
templates

[Reed.co.uk](https://www.reed.co.uk)

[Totaljobs.com](https://www.totaljobs.com)

[National Careers Service](https://www.nationalcareersservice.nhs.uk)

Cover letter support
& templates

[Indeed.com](https://www.indeed.com)

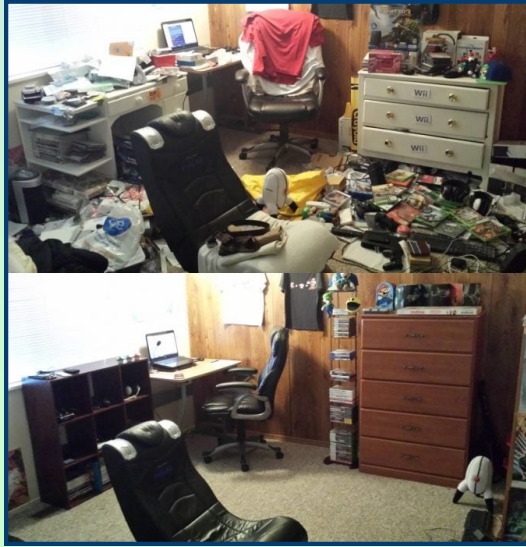
[Reed.co.uk—Cover letter](https://www.reed.co.uk/cover-letter)

[Oxford University Careers](https://www.oxforduniversitycareers.co.uk)

We have a fantastic Careers Team in college, and we strongly encourage you to make an appointment if you would like advice on applications, CVs, or interview preparation. They can provide valuable support to help you succeed. To book an appointment, please visit Student Services.



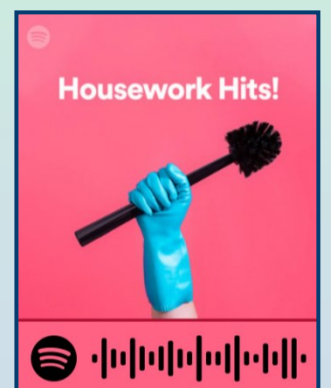
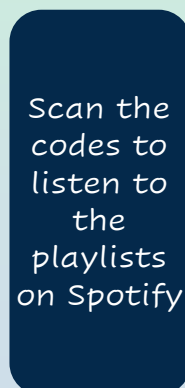
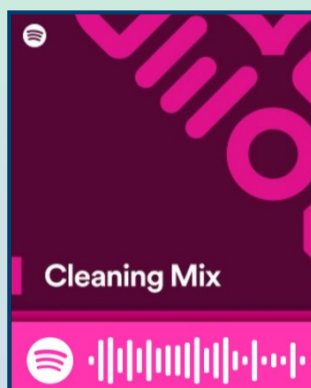
"SUMMER CLEAN" YOUR HOME



Do you look at the above images and feel much calmer and relaxed when you see the tidy version of the room?

Cleaning, decluttering, and organising is proven to be soothing and calming, helping you to feel less anxious, and it gives you a positive outlet for that trapped energy. The more clutter you can see, the more easily you'll find yourself distracted, feel overwhelmed and in a low mood.

The main reason decluttering helps is that you move your mind from being overwhelmed by big thoughts to being busy with small practical tasks. When you are done you feel better because you are in a calmer space and the satisfaction that comes from having taken action. It's win-win. If you don't feel like cleaning, put some loud music on and throw yourself into it.





MAINTAIN A WELL-BALANCED DIET



HEALTHY EATING TIPS

PART 1

AIM FOR 3 WELL-BALANCED MEALS

A balanced meal covers four core food groups. Fill 1/4 of your plate with wholegrains, 1/4 with lean protein and 1/2 with vegetables and fruits.





CHEW YOUR FOOD AND EAT SLOWLY

Eating slowly allows you to have time to digest the food and prevent overeating.

SNACK SMART

Avoid snacking if possible. If you are feeling peckish between meals, choose a healthy snack such as a serving of fresh fruit, a packet of whole wheat crackers, or a cup of low-fat milk.





Click the images below for links to simple recipes to try—it will help you practice your skills in anticipation of university/independent living!

goodFOOD

TESCO Real Food

delicious.

♥ **JAMIE OLIVER**

BBC
FOOD

EatingWell

Good Housekeeping



PRACTICE MINDFULNESS

[YouTube—What is Mindfulness?](#)

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or be overwhelmed by what's going on around us.

Mindfulness is a quality that every human being already possesses, it's not something you have to conjure up, you just have to learn how to access it.

When we're mindful, we reduce stress, enhance performance, gain insight and awareness through observing our own mind, and increase our attention to others' well-being.

Mindful eating.

This involves paying attention to the taste, sight and textures of what you eat. Try this when drinking a cup of tea or coffee for example. You could focus on the temperature, how the liquid feels on your tongue, how sweet

Mindful moving

While exercising, try focusing on the feeling of your body moving. If you go for a walk, you might notice the breeze against your skin, the feeling of your feet or hands against different textures on the ground or nearby surfaces,

Body scan

This is where you move your attention slowly through parts of your body. Start from the top of your head and move down to the end of your toes. You could focus on feelings of warmth, tension, tingling

Mindful colouring and drawing

Rather than trying to draw something in particular, focus on the colours and the sensation of your pencil against the paper. You could use a mindfulness colouring book or [download mindfulness](#)

Mindful meditation.

This involves sitting quietly to focus on your breathing, thoughts, sensations in your body or things you can sense around you. Try to bring your attention back to the present if your mind starts to wander. Many people also find that yoga helps them to concentrate on

30 Day Mindfulness Challenge

1 Create a goal for the day.	2 Make smaller food portions at meals.	3 Practice deep breathing to reduce stress and anxiety.	4 Sit in silence and pay attention to your surroundings.	5 Relax and listen to your favorite music for 20 minutes.	6 Step away from your phone for a couple hours.
7 Try to do things with your opposite hand, like eating.	8 Have a conversation with someone you normally would not.	9 Stop stressing and get up and exercise/move.	10 Mindfully listen to conversations.	11 Practice five minutes of breathing meditation.	12 Think of what you are stressing about and how you can handle it.
13 Take a walk and pay attention to your surroundings.	14 Give someone a hug.	15 Compliment three people.	16 Spontaneously dance for five minutes.	17 Pay attention to how you use your senses today.	18 Reflect on your day and establish your successes.
19 Have a meaningful conversation with your family.	20 Remember to be thankful.	21 Write a poem/journal entry about your day.	22 Pay attention to what food you eat, and how it makes you feel.	23 Read a chapter or two of your favorite book.	24 Spontaneously laugh.
25 Sit in silence and/or meditate for 20 minutes.	26 Take a longer shower and pay attention to the warm water.	27 Make a list of 5 things you are grateful for.	28 Color outside the lines.	29 Make a to-do list of everything you want to get done.	30 Get off your phone/electronics for three hours.

Action for Happiness—July

Jump Back Up July 2026



ACTION FOR HAPPINESS

Happier • Kinder • Together

MONDAY



TUESDAY



WEDNESDAY

1 Take a small step to help overcome a problem or worry

THURSDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

FRIDAY

3 Be willing to ask for help when you need it

SATURDAY

4 Find something to look forward to today

SUNDAY

5 Get the basics right: eat well, exercise and go to bed on time

6

Pause, breathe and feel your feet firmly on the ground

7

Shift your mood by doing something you really enjoy

8

Avoid saying "must" or "should" to yourself today

9

Put a problem in perspective by seeing the bigger picture

10

Reach out to someone you trust and share your feelings with them

11

Look for something positive in a difficult situation

12

Write your worries down and save them for a specific 'worry time'

13

Challenge negative thoughts. Find an alternative interpretation

14

Get outside and move to help clear your head

15

Set yourself an achievable goal and take the first step

16

Find fun ways to distract yourself from unhelpful thoughts

17

Use one of your strengths to overcome a challenge today

18

Let go of the small stuff and focus on the things that matter

19

If you can't change it, change the way you think about it

20

When things go wrong, pause and be kind to yourself

21

Identify what helped you get through a tough time in your life

22

Find 3 things you feel hopeful about and write them down

23

Remember that all feelings and situations pass in time

24

Choose to see something good about what has gone wrong

25

Notice when you are feeling judgmental and be kind instead

26

Catch yourself over-reacting and take a deep breath

27

Write down 3 things you're grateful for (even if today was hard)

28

Think about what you can learn from a recent problem

29

Be a realistic optimist. Focus on what could go right

30

Reach out to a friend, family member or colleague for support

31

Remember we all struggle at times - it's part of being human





Mental Health & Wellbeing Support at TRC

Drop in sessions

Please find the information about the days and times below. Within the drop-in sessions, you will be able to access signposting from a member of the TRConnect team and access practical self-help resources to gain more strategies to support your wellbeing. These are located in **M102F**, the narrow corridor near the careers team and Student Services.

Day	Time
Monday & Tuesday	8-9 11.40—12.20
Wednesday & Thursday	8-9
Friday	8-8.30

With Me in Mind & Talking Therapies

We can offer and support referrals to With Me in Mind (under 18s) and can signpost and offer advice regarding self-referrals to Talking Therapies (over 16 1/2). Please see the below links for further information about both of the services.

[With Me in Mind](#)

[Talking Therapies](#)

Peer Mentors

We have a group of Peer Mentors (trained by With Me in Mind) who can offer support sessions with our students with low level support needs. We make sure that we allocate peer mentors by aligning interests, hobbies and future aspirations and goals.

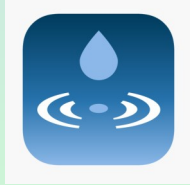
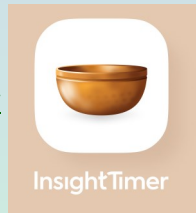
Counselling

The TRConnect team support students who may be struggling with anxiety/low mood, particularly if these are barriers to your learning, however if these issues are impacting on all areas of your life, counselling might be a more appropriate source of support. Counsellors are more likely to work with a student who has been diagnosed with a mental health disorder, but not exclusively.

Please take a look at [A-Z of local Support Services](#) for links to services in the local area.

Useful Apps

Insight Timer



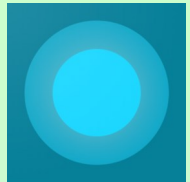
UCLA Mindful

Healthy Minds



Mindfulness Coach

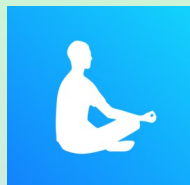
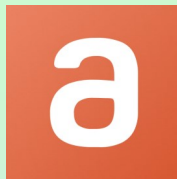
Happy Color



Breathe: Relax & focus (Android)

Breathe: Relax & focus (Apple)

Amaha



The Mindfulness App

My Possible Self



Awareness Days

World Cup	11th June–19th July
National Ice Cream Month	July
<u>International Joke Day</u>	1st July
<u>Thank you Day</u>	7th July
<u>World Chocolate Day</u>	7th July
Last day of college	10th July
World Emoji Day	17th July
World Friendship Day	30th July
International Cat Day	8th August
<u>Never Give Up Day</u>	18th August
National Dog Day	26th August

Take a look at what's coming up in our future TRConnect newsletters

Newsletter issue	Topic	Date
Issue 1	Welcome to Wellbeing	10.09.26
Issue 2	Exam Stress	05.11.26
Issue 3	Sleep	07.01.27
Issue 4	Low mood	25.02.27
Issue 5	Anxiety	15.04.27
Issue 6	Mindfulness & Grounding	03.06.27
Issue 7	Self-care over summer	08.07.27

The Learning Support team (Thrive)

At TRC, our **Thrive** team is here to help students with additional needs access learning, feel supported and succeed during their time at college.

You can access Thrive SEND support if you

- Have a declared SEND need
- Have an Educational Health Care Plan (EHCP)
- Have been supported by your teacher and they believe that additional support is required.

If you are struggling in lessons, feeling anxious or overwhelmed with learning tasks or think you might need some extra support please speak to your teacher/s. You're **not alone** - lots of students feel this way sometimes, and it's okay to ask for help. Your teacher will listen to your concerns and work with you on appropriate interventions. If your teacher feels there may be a special education need (SEND) they will begin something called a graduated response, which will help develop a clear understanding of your needs and barriers to learning. The graduated response will support your teacher in being able to refer to the Thrive team for additional SEND support.

You don't have to manage things alone. If something is affecting your learning or wellbeing, **talk to someone**—your teachers and the Thrive team are here to help you figure things out, even if you're unsure what support you need.

Careers & Work Placement Team

The Careers and Work Placement Team are fully qualified and offer expert informed careers education, impartial advice, and guidance to all students. The team can help you with your current skills and support you to develop new ones, tailored to your future career options. If you have any questions/queries regarding your future career options and work placement opportunities, don't hesitate to get in touch with the team on careers@trc.ac.uk.

Please click [here](#) to see an image which shows how mapping out your thoughts and ideas on your future goals and career can help with your wellbeing.

Safeguarding

The college safeguarding team cover multiple issues to ensure all students are kept safe and free from harm. Understandably, we cannot be with our students full time, so we hope to empower them with knowledge and information to build resilience, as well as opening doors to access services outside of college to prepare them for independence. For further information regarding our safeguarding team, [click here](#).

If there is something urgent and you feel there is an immediate risk / danger to you or someone you know contact the police on 999.

If you are under 18 you can contact **Rotherham** MASH (Multi-Agency Safeguarding Hub) on 01709 336080.

If you would like to report a concern about a child or young person via Rotherham Metropolitan Borough Council, click [here](#).

Safeguarding numbers for the surrounding areas:

Sheffield – 01142 734855

Barnsley – 01226 772423 Out of hours – 01226 78778

Doncaster – 01302 737777 Out of hours – 01302 796000



TRC
THOMAS ROTHERHAM COLLEGE

