
Wellbeing and Safeguarding October Newsletter

From CCN College Life <COLLEGE_LIFE@ccn.ac.uk>

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To City College Norwich All Students Mailing list <CityCollegeNorwichAllStudentsMailinglist@ccn.ac.uk>



October 2024

Dear Students,

Hello from the Wellbeing and Safeguarding Team

We hope that you are enjoying your first half term of the 2425 school year.

Earlier in the term we asked what you would like to learn more about to help you and your friends stay safe and well. This month, our newsletter is about how you can build confidence and increase self-esteem.

What is self-esteem?

Self-esteem is how you feel about yourself and the confidence you have in your own worth and abilities.

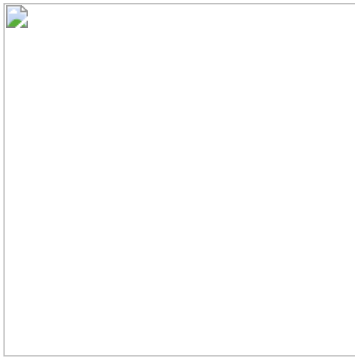
When our self-esteem is good we will accept ourselves, feel confident and believe in ourselves. However, when it is lower this can be more difficult to do.

What might low self-esteem look like?

- Confidence: Not feeling sure of yourself or your decisions, as if you're not good enough, and worrying about what others think.
- Skills: Not recognising and valuing the skills you have, like subjects you're good at, making people laugh, or your talents.
- Sharing opinions and ideas: Believing your thoughts aren't worth sharing or that other people have better ideas.
- Handling mistakes: Being uncomfortable with getting things 'wrong' and struggling to accept that your 'failures' are part of learning.
- Self-care: Not treating yourself kindly or practising self-care.
- Body image: Having negative thoughts about the way you look.

How can I boost my self-esteem?

- Do something you love or enjoy.
- Focus on the positives – take time to do the things that make you feel good and reflect on these.
- Spend your time with people who make you feel good about yourself (this includes our social media feeds!)
- Exercise – exercise can help to relieve stress and release endorphins. Different people can prefer different types of exercise, so try different things until you find what works for you!
- Set achievable goals – you can write these down and celebrate when you complete them!
- Compliment others – support the spread of happiness!



Positivity Jar activity:

A really practical way to be able to acknowledge the positives is by creating a positives jar.

Find yourself a container and label it 'positives'. Every time you achieve a goal, something good happens, someone nice or you have fun - make a note of it and put it in the jar.

On days when your self-esteem is feeling lower, take the time to read through all of the positives!

We hope that the more you focus on the positives the more you'll create!

Where can I go to learn more about boosting self-esteem?

[YoungMinds](#)
[The Children's Society](#)
[Mind](#)

How you can access support at college

Please note that the Wellbeing Zone at our Norwich Ipswich Road site is currently undergoing refurbishment. We update when we reopen after half term.

There are a variety of ways in which you can access support: from speaking to a member of our Wellbeing Team for confidential advice and support, to accessing self-help resources through the intranet, and a referral to our special services like the Mental Health Adviser and Counselling service.

You can make a self-referral to our service through our intranet page – or click [this link](#) to be taken straight there.

You can also come along to our Wellbeing drop-ins every day between 11.30-12.30, no referral needed.

- **Norwich, Ipswich Road** – C27 (temporary during renovation)
- **Easton** – Wellbeing Zone (JB035)
- **Paston** – Tutor Hub

For further information, you can email the team at wellbeing@ccn.ac.uk.

To find out more please see our [Wellbeing website](#) which is full of helpful info, hints, tips and strategies for looking after yourself as well as contact information for other supportive agencies you may find helpful.

Feeling unsafe?

If you feel that you or a friend needs help to keep safe, please tell us. We will always respond, and we are here to help. A member of the Safeguarding Team by email at safeguarding@ccn.ac.uk or you can call Safeguarding: for City College Paston College call 07795 487645 and for Easton College call 07772 785346.

Our Safeguarding Officers are Marie Pacey, Charlotte Hardiment and Sam Warner.

Our Designated Safeguarding Leads are Jerry White, Helen Richardson-Hulme, Jacky Sturman, Jo Kershaw, Sebastian Scott.
