

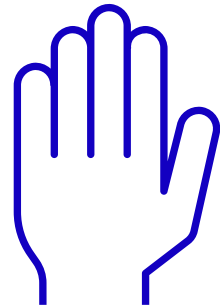
WELCOME TO THE NEW SCHOOL YEAR!

We hope you enjoyed your summer holiday and practiced lots of self-care!

It can be daunting returning to school or college after a long break, especially if you've started at a new place or are going into exam years.

Take time to regularly check in with your emotions and reach out to friends, teachers, or parents/carers if you feel overwhelmed.

Remember, there is no such thing as a stupid question or concern. So don't be scared to raise your hand in class or speak to your teacher alone if you don't understand something, rather than getting behind in your schoolwork and adding stress to your life.



19th September is **Youth Mental Health Day!**

This year, the theme is **#ControlYourScroll**. 93% of children and young people feel concerned by online content, including bullying, fraud, or fake news. These worries can affect our mental and emotional health so:

- Reflect on the amount of time you spend on social media and websites – is it healthy, or could you mix it up with more offline activities?
- Block users or content that don't make you feel good
- Remember that people post pictures, comments, and strong views to get more followers – their content isn't always a reflection of their life
- **Download** Stem4's guide to using the internet safely



#ControlYourScroll

27th September is **National Teaching Assistants' Day!**

Celebrate the amazing ways teaching assistant help students.

Download their banners and 'thank you' cards for staff and pupils to write personal messages of appreciation.



Amazing Opportunities for secondary and college students!

We've added 2 posters to this bulletin – have a look and sign up if you'd like to take part. One is for 11-18-year-olds, and the other for 16-25-year-olds.

If new things make you nervous, why not challenge yourself to get out of your comfort zone? Both opportunities are organised by staff with lots of experience of working with young people who might have mental or emotional wellbeing challenges including anxiety. **Give it a go!**



DREAMLINE

FREE ONE-DAY ART INITIATIVE FOR YOUNG PEOPLE

Are you aged 16 - 25?,
Do you live in Hammersmith &
Fulham, Ealing or Hounslow?

Using different artistic techniques
such as printmaking and collage, joins us to
design your dream tube line

All the ideas will be displayed at
the LTM Open Depot Weekend for
thousands of visitors to see

Most importantly...
you don't need to be into arts already.
This is for anyone!

When:
Saturday, September 14, 2024
10am-4pm
(lunch & snacks provided)

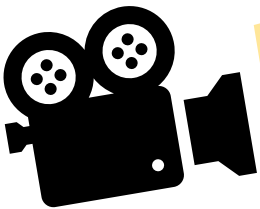
Where:
London Transport Museum Depot
2 Museum Way
118-120 Gunnersbury Lane, W3 9BQ

Questions?: communities@ltmuseum.co.uk



Hammersmith,
Fulham, Ealing
and Hounslow





HELP US MAKE A SHORT FILM about mental health care!

We're making an animation film!

Researchers at Imperial College London are making a short film about what's important in mental health services for young people. This will let hospitals know how young people would like to see mental health care improved.

An in-person half-day workshop to:

- Say what's important in hospital care
- Create a film narrative and storyline
- Design and create a film animation

You will receive travel expenses, lunch, and payment for your time.

**Want more information?
Register on the QR code!**
Or email motis@imperial.ac.uk

Am I the right person for the role?

- You want to help to improve mental health care
- You're aged 11-18 years
- You, or a friend, has been to hospital or a doctor for a mental health problem

Join us to HEAR MORE!

Our first online meet: Aug/Sept 2024.

Under 16s will need permission from a guardian

Register your interest using the QR code:

