

# May 11th 2020 Assembly

## Mr Tansley





# Mental health issues with young people are

**common**

*feel stressed*

**fed  
up**

**Anxiety**

*worries concerns*

**DEPRESSION**

**SELF HARM**

**PSYCHOSIS**

## We can all feel overwhelmed at times.

Stress is not always bad as long as it's manageable.

When we are stressed it can impact on how we **THINK, FEEL** and **BEHAVE**. They can impact on each other. You can change this downward spiral.



## Notice changes in your mood

Just noticing changes in our mood can help us to understand which situations cause us to feel rubbish and why that might be.

Download the 'Head Space' app to help



## What can I do?

We know that 10% of teenagers are dealing with very distressing events in their lives. Sometimes it can feel like no one understands, or can help.

You can talk to;

- Your five fingers of faith
- Visit [www.youthtalk.org.uk](http://www.youthtalk.org.uk)
- Visit [www.justtalkherts.org](http://www.justtalkherts.org)
- Visit [www.samaritans.org](http://www.samaritans.org)
- Visit [www.epicfriends.co.uk](http://www.epicfriends.co.uk)





## Dealing with Lockdown

- Be prepared
- Make a plan
- Take breaks
- Know when and where you work best
- Exercise



# Mental Health Awareness Week

18<sup>th</sup>-24<sup>th</sup> May 2020

This year's theme is 'kindness'.

We want to celebrate the many of acts of kindness that are taking place that are so important to our **mental health**.

VERULAM SCHOOL

Excellence · Character · Respect



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Excellence · Character · Respect



It is much easier to be kind to others when you  
have been kind to yourself and taking care of  
YOU



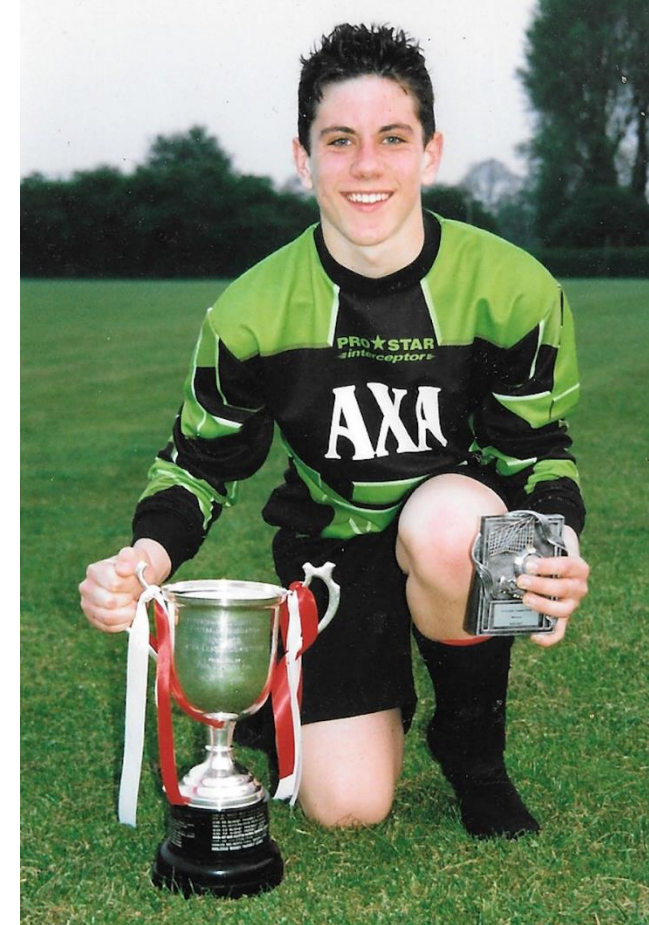
IN A  
WORLD  
WHERE  
YOU  
CAN BE  
ANYTHING  
BE  
kind



# The Oli Mills Foundation



- Oli was a fun loving, outgoing, caring and general all round good guy.
- We know that Teenage Cancer Trust would have been a charity he'd have admired
- Around seven young people between the ages of 13-24 get diagnosed with cancer every day.
- The work Teenage Cancer Trust do is amazing, please have a look at their site to see the work they carry out.





## NEWS

### 13 years after he died, the memory of Oli Mills lives on in charity football fundraiser

**A school in St Albans has held its seventh memorial football match in honour of a former pupil who died of a brain tumour.**

Pupils, teachers and old boys from Verulam School in Brampton Road, gathered in Clarence Park on Thursday, March 29 to remember Oli Mills, who died from a brain tumour in 2005, age 18.

The 'Mills Match' is held every two years, and sees teachers play against pupils at the home of St Albans City Football Club.

Over the years the event has raised more than £45,000 for Teenage Cancer Trust, and adds to the money raised by the Oli Mills Foundation which was set up by Oli's brother Eddie.

More than 1,000 people attended to watch the match, and the teachers beat the pupils for the second match in a row with a last-minute victory of 3-2.

Also in attendance were Judith Anderson from Teenage Cancer

**ANNE SUSLAK**  
*Senior School Organiser*

Trust, representatives from Old Verulamians and Lawrence Levy, a former pupil and chairman of St Albans City FC.

Deputy head David Bullock said: "We are very fortunate that Lawrence Levy and his team at St Albans City FC allow us to stage such an important game of football that has such wide reaching benefits.

"The Mills Match allows us to come together as a community and the support of all involved is fantastic."

The Oli Mills Foundation has raised nearly £250,000 for Teenage Cancer Trust since it was founded.

A statement on the Foundation's website says: "Oli and his brother Eddie enjoyed their best years at Verulam and we are proud to be partnering

with them.

"This year's 'Mills Match 7' raised over £5,000 and we're already looking forward to the next instalment in 2020!"

"Oli was a fun-loving, outgoing, caring and general all round good guy who was loved and is missed by all.

"We know that Teenage Cancer Trust would have been a charity he'd have admired and it's an honour to raise money for them and keep his name alive in the process."

When Oli died, at the Royal Free Hospital, despite receiving excellent care he was treated on a ward with much older people, which is why his mum Sarah and brother Eddie felt Teenage Cancer Trust would be the right charity to support in his name as it provides specialist cancer units specifically for young people.

**To find out more about supporting the Oli Mills Foundation contact [info@theolimillsfoundation.co.uk](mailto:info@theolimillsfoundation.co.uk)**



The Verulam School Mills Match in Clarence Park was held in memory of Oli Mills (inset), who died in 2005 from a brain tumour.



# Introducing The Miles for Mills Challenge

## #MfMChallenge

- Did you know Verulam opened in 1938?
- Calling all Students, Staff, Parents, Governors, Alumni to raise money through sponsorship over the next 2 weeks before half term
- Come up with an idea that involves the numbers 1, 9, 3 and 8 in any combination or denomination

<https://fundraising.co.uk/2020/04/27/26-examples-of-2-6-challenge-fundraising-events/>







## Instructions:

1. Conduct your Miles for Mills Challenge
2. Donate or get sponsorship on the Just Giving page below
3. Post a photo on social media using the hashtag #MfMChallenge or send your challenges to admin@verulam.herts.sch.uk with the title #MfMChallenge.
4. Nominate someone else to complete the challenge!

<https://www.justgiving.com/fundraising/verulamschoolmilesformills>





- Be kind, to yourself and to others
- Give your mental health a boost
- Take part in the challenge
- Raise money for a good cause

