

Wellbeing Bulletin 1

Supporting Each Other

During this unprecedented and extended school closure, we have been in touch with a great many families and we are learning that information on supporting health and wellbeing is extremely important for you.

The Pupil Support Team plans to produce a brief newsletter focusing on wellbeing and supporting our families and young people each week. In this first edition, we want to look at learning at home.

What is Learning at Home?

Learning at home is not the same as learning in school or home schooling. We want our parents to be parents first and foremost. We want our young people to have some learning opportunities which promote the enjoyment of learning.

Each family's circumstance is unique and our families and young people are free to decide the balance between homelife and schoolwork that works best for them. Please consider the following when planning learning at home:

- Our young people should set their own pace with their parents.
- Our young people should spread tasks out affording them personalisation & choice in planning their learning.
- Our young people do not need to finish tasks. Recommended completion dates are guidelines rather than deadlines.
- Normal timetables should only be used as a reference and there is no expectation that this will be replicated at home.
- Families are encouraged, as always, to engage in their child's learning as arranged between them and their child.
- Our young people and families should speak to their class teachers on Teams or Edmodo. Our teachers are still here support for their pupils.

Moving forward

We are awaiting guidance from the government and NLC. In the meantime, we continue to review how we support families and teachers on the basis that we may need to continue to use digital learning for longer. We will seek your views on this and keep you informed.

We Are Chryston High School

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Looking after your Wellbeing

The current situation is having an emotional and social impact on us as well as on our learning, our friendships, our sense of order and control. Many of us are finding it difficult to stay motivated, while others may be feeling overwhelmed. Investing time in our own wellbeing is now even more important.

Each week, we try to follow the **5 Ways to Wellbeing** to help us cope with some of the challenges we are experiencing. We would like to share it with you.

- **Connect** with your family, friends and colleagues
- **Be Active** by getting out for your daily exercise
- **Take Notice** by seeing the simple things that bring you joy
- **Keep Learning** by embracing new experiences, seeing opportunities and surprising yourself
- **Give your time**, your words, your presence.

Mr McAlpine has shared his 5 Ways to Wellbeing from last week

- **Connect:** My kids are missing their grandparents - so we try to zoom chat with them most days. I take part in a quiz with my football team on a Sunday night too!
- **Be Active:** My football team has a running league - and the PE teacher in me hates getting beaten at anything (though I'm having to fight hard to stay in the top 10!) I try to run most days, and I've been teaching my daughter to cycle!
- **Take Notice:** I have loved watching my kids play (even when they're shooting me whilst I try to work from home!) without trying to squeeze things in like we normally would at the weekend.
- **Keep Learning:** I have been well looked after since I got married, so I have been learning to cook, and make a pretty good spaghetti bolognese. I have also tried to do some online learning related to my job, and have completed my Mental Health First Aid assessment this week, and completed SAMH Mental Health Training.
- **Give your time:** My Aunt is shielding at the minute, so we have been doing her shopping each week. I have volunteered to support vulnerable people in my local community - but because of the number of volunteers, I haven't been used yet!