



Home Learning and Health & Wellbeing during Lockdown



During these times of self-isolation, disrupted routines and social distancing, it is more important than ever to take care of your family's and your mental health and wellbeing. Supporting young people in these unprecedented times can be challenging.

To help our community, we have tried to give some simple reminders for you to consider and some advice on home learning and wellbeing. Remember to be kind to yourselves during this time.

Advice for Parents and Families

- Support your son/daughter to establish a Monday to Friday routine so that you can all have a healthy work/life balance and sufficient sleep. Healthy sleep routines help to keep you feeling positive and boost your immune system.
- As a family, discuss and agree a new routine or timetable that has a balance of work, physical activity, fun things, rest breaks and on-line social catch-ups with friends and family. Doing lots of different things will help with motivation, while staying active will raise your spirits.
- Encourage your young person/people to set up a suitable area to study in and remind them to check in daily with Show My Homework and GLOW, so that they can get new tasks and access support from teachers with schoolwork, if necessary. Staying connected to the school community will provide confidence and reassurance, while helping young people to develop valuable communication skills.
- Encourage your son/daughter to unplug from electronic devices regularly so that they are not overwhelmed with news about COVID-19 or spending too long on-line - doing practical things will help them to learn new skills, such as baking or cooking, helping with household/garden jobs, writing letters and posting them to grandparents, reading a book or playing an instrument/board game. Conversations with young people to help them identify how they could

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spend their time usefully will give them a sense of control and help to give them purpose, which is important for their mental wellbeing.

- Encourage your son/daughter to use social media apps to chat to friends online and manage the timings of this sensibly, so that it does not interfere with family life or study time. That way, they can stay physically distant, stay safe, save lives and stay connected.
- Some ideas to help manage the new routines and reduce stress.
 - ❖ Exercise together outside - fresh air, exercise and green space can help everyone to relax together, have some fun and feel better.
 - ❖ Kindness, encouragement and patience will go a long way when supporting young people. Everyone is struggling with these challenging times, acknowledging that, making time to listen to worries/questions and problem solving together is reassuring for young people.
- ❖ Talk to your young people about what they are looking at online, watching on TV or listening to - too much information about COVID-19 may make them anxious, so it is important to support them to access accurate and factual news and help them to understand the key messages.
- ❖ Be flexible and realistic- the situation is moving so quickly and these are unprecedeted times -news ways of working will evolve & new skills will be learned- look for the positives, praise effort, don't be afraid to try new things or change things, if they are not working. Don't try to reinvent the wheel - the school will provide resources for your young people - encourage them to take responsibility for their learning by using these resources and connecting with their teachers. Effort and a positive attitude are always more important than getting everything right.
- ❖ Teach healthy behaviours to keep your young people safe - we can't all teach Maths but we can demonstrate handwashing routines/safe hygiene, repeat the government instructions on social distancing, help young people to recognise the symptoms of illness and let them know we're there to help.
- ❖ Humour is often the best medicine - where appropriate, share funny videos and jokes with the family to keep everyone smiling and sharing something positive.
- ❖ If something is not going right with the Home Learning tasks, contact us so that we can help, resolve and reassure.

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For young people

- Plan a timetable for yourself - go to bed and get up at roughly the same times Monday to Friday. Healthy sleep routines help to keep you feeling positive and boost your immune system. This also helps with positive relationships at home - no nagging about routines or school work!
- Make sure your new timetable has a balance of school work, physical activity, fun things, rest breaks and on-line social catch-ups with friends. Be creative - doing lots of different things will keep you entertained, learning, active, moving forwards and motivated.
- Make the most of exercising outside. Dust down your old bike, go for a walk and enjoy the fresh air. Being physically active releases positive endorphins in your body, which will make you feel great and will help you to sleep better.
- Keeping in touch with teachers through Show My Homework and GLOW will support you to keep going with your school work. Problem-solving by asking for help will give you a sense of achievement and develop your communication skills.
- Unplug from social media and electronic devices and only check in at planned times so that you don't get overwhelmed by news. Keep yourself well informed so that you can be confident, prepared and reassured, but give yourself a break too and stay in control.
- Volunteering to help others can help you to stay positive, feel useful and it doesn't mean going out. Do jobs around the house to help parents working from home, keep younger siblings occupied, help a friend with their schoolwork, try to get your whole class on a group chat to make sure no one is socially left out or video call your grandparents to cheer them up. Doing your bit to help others will help you to feel good and will help you stay connected. Remember all the advice you have been given about staying safe online.
- If you have any issues with your Home Learning, let us know so we can help.

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Some key messages to help us keep on top form during this time:

Acceptance

- We do not have the power to change this as our health and safety comes first.
- Lockdown will end so having the correct mindset will help us get through social distancing and changes to how we learn and work.
- Home Learning is definitely not the same as being at school. This will be a challenge! Do what you can.
- We should try to spend our time and energy well – not on the things we have no control over.

Expectations

- Agreeing what is right for your family with your family during lockdown will help everyone understand the reasons behind the new routine.
- Everyone in the family has a part to play. This will help with home learning routines whilst parents/carers work from home. Everyone will be juggling the different demands placed on them with a variety of success.

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Structure

- Having and following a structure to our day is essential. It is the key to managing the demands of home learning well.
- Agreeing rotas and routines whilst home learning and working helps everyone be clear on what they have to do and take responsibility for it. This can include household chores as well as home learning or applying a new skill. It might actually be fun!
- Keep to your usual sleeping patterns e.g. waking up and bedtimes.
- A good quality of sleep is central to everyone's wellbeing and keeping us in the correct frame of mind to complete home learning tasks.

Self-Care

- We can expect to feel unsettled and out of sorts during lockdown. Managing our news intake and ensuring it is from a reliable source may prevent us feeling overwhelmed or anxious.
- Everyone will deal with being in lockdown in different ways. Some of us may feel emotionally worn out so it is important to take that daily exercise; make time for things we enjoy; keep in touch with friends and family.
- Home learning is not only about academic learning. Looking after our wellbeing is a life long skill.

