

Lockdown Wellbeing

It is important to make sure you look after your physical and mental health.

Make sure you have a sensible place set up to learn from, this helps with concentration and prevents aches. If possible, you should sit at a table or desk, ensuring your back is supported, rather than laying on your bed or the sofa. If you think you are missing any important equipment or a suitable space to work, make sure you speak to your class teacher before you start learning from home.

If you ever feel unwell or unable to complete the work set, you should tell your parents who should contact the school absence line. You could also make sure that you inform your class teacher.

You must ensure you also look after your wellbeing while you are at home. To make sure you are staying mentally well, try some of these ideas:

- Get into a routine - you could make sure you wake up and go to bed at the same time each day
- Talk regularly with your friends or extended family
- Stay active - try getting out for a walk every day with your family
- Eat normally - make sure you have three meals a day at regular times
- Try practising breathing techniques - the charity Mind has lots of helpful information here: <https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-exercises/>
- Make sure you get some rest
- Keep your room tidy to make sure you feel relaxed
- Read more often
- Talk to someone if you have any worries or concerns - you can also find a whole list of places that can help if you don't want to speak to your family here: <https://www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/>

Welfare

At St Gregory's we are proud of our pastoral care and want to support you through this lockdown.

To do so, we have daily form time during which you can ask to speak to your form tutor should you have any concerns. In addition to this, you have live lessons on TEAMS where you can talk to your teacher if you are finding the work too hard.

Finally, you are able to contact school at any time should you need further support. Email your form tutor or your Pastoral Progress Manager.

Staying Safe Online

We are all spending more time online, whether it is to help us with our learning, or connect with family and friends. The internet can be a great place to help us to stay connected with 'real' friends, be creative and discover things. However, you must understand how to keep yourself safe and know what to do if you have a concern.

It is important that you follow some basic rules when online:

- **'Think before you post'** protect your online reputation; consider whether you want your parent/carer or teacher reading or seeing your post, if the answer is 'no' then don't post it
- **Only chat with people** you know and **NEVER** arrange to meet someone you have met online without speaking to your parent/carer or another adult about this
- If you are playing online games **DO NOT** go into a 'break out' room
- **Do NOT** give in to peer pressure and send images/posts that you may later regret
- **Respect the law** – only access films, music and TV through legal, reliable sources
- Know how to **report an issue** - safer internet tells you how to do this [Safer Internet Report an issue](#)

There are some really useful resources for young people aged 11 – 19 on the 'Safer Internet' website, follow the link to view these. [Safer Internet](#)

In addition to this, it is important that you have some time 'offline'.

- Make mealtimes 'tech-free'
- Leave your phone/tablet downstairs when you go to bed – this will ensure a good quality sleep
- Do something else: go for a walk; read a book; watch TV; cook a meal; dance; sing – try something new.

On our Safeguarding page there are a number of links, should you need any further help and support. [Safeguarding | St Gregory's Catholic High School \(stgregoryshigh.com\)](#)

If you have any concerns regarding online safety or any other safeguarding concerns please email your Progress Manager or myself cmckenna@stgregoryshigh.com

5 Steps to Mental Wellbeing

1. Connect with other people

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

There are lots of things you could try to help build stronger and closer relationships:

DO

- if possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together
- arrange to speak with friends you have not seen for a while
- try switching off the TV to talk or play a game with your family

2. Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood
- Raises self esteem
- find FREE activities that get you fit
- Take pets for a walk with other members of your household
- start running

3. Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self esteem
- helping you to build a sense of purpose
- helping you to connect with others

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

Some of the things you could try include:

- try learning to cook something new.
- work on a DIY project, such as fixing a broken bike, garden gate or something bigger. There are lots of free video tutorials online
- consider signing up for an online course. You could try learning a new language or a practical skill
- try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint

4. Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

Some examples of the things you could try include:

- saying thank you to someone for something they have done for you
- asking friends, family or colleagues how they are and really listening to their answer
- spending time online with friends or relatives who need support or company

5. Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

There are loads of free mindfulness apps available to download