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25 January 21

Hi everyone, hope you're all doing well!

Overall, you must keep yourselves safe during this lockdown, physically and mentally, so this week I wanted to focus on Mental Health.



Keep Learning

I'm not being a nag! If you keep the routine of school, and ensure you're keeping your brain active, it will have less time to worry about Covid. Also, it helps you have human contact outside your own house.

Connect

Joining lessons helps you connect with your teachers and friends, however, it's important to keep in touch with friends as well. Drop them a quick message, or face time them for a little every day. Letting someone know you've thought about them can really help brighten their day.

Take Notice

Get out of bed and look after yourself! It is so tempting to stay in bed or your PJs in lockdown, but its proven that getting up, getting dressed and having a good breakfast helps lift the mood and helps us to concentrate on the day ahead. So take notice of your self, and ensure self care.

Give

Okay, so you're locked in with your family all day...your parent or carer wants you to help with the washing, or make a cup of tea, but you're busy too! And when did their last slave die off...but they also got you up in time for school, made sure you had a drink many times and said hello with a smile...is giving something as small as your time, or a kind gesture really that hard? It will help you all feel better.

Be Active

You have to follow Government guidelines of hands, face, space, but also you can exercise once a day. Take the dog out for a walk, go on the trampoline for a little or dig you bike out and just get out of the house. The fresh air will re-energise you.

Remember the wellbeing cards the Safeguarding Team did you; those little white cards with information and support sites on – please use them – but below are some places for support too:

Mental Health and Wellbeing: <https://www.forwardthinkingbirmingham.org.uk/services/13-pause>

Mental Health and wellbeing: www.kooth.com/

Quick reminder as well that you can use the Sharp System to report absolutely any worries or concerns, or the 'Pupil Concerns' link on the website.

Please remember that especially with Sharp, it is anonymous, so we cannot reply to you or give you some advice if you don't put your name or email address. I will try to answer anything that comes through anonymously on the weekly message I send out to you all though.

For now, keep safe & keep smiling,

Mrs. Kent & Mrs Benham
Your Safeguarding Team.

