

# PASTORAL SUPPORT



**Issue 1**

Life in lockdown or when you are isolating can be hard and also lonely. It can also be difficult to keep coming to school when lots of your friends are working at home. As a pastoral team we wanted to put together a few strategies and resources which you can use at this time to support your mental well-being either if you are attending school or working at home.

Remember, your teachers are always here to support you, all you need to do is get in touch! [admin@hexhammiddle.org.uk](mailto:admin@hexhammiddle.org.uk)

## Resources for you

There are so many resources on the internet to support young people with their mental health and general well-being. Here are links to just a few:

<https://www.youthaccess.org.uk/covid-19-resource-hub/for-young-people>

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://stem4.org.uk/mindyour5-for-teenagers/>

## Activity of the Week: Self Portraits

Draw a self-portrait (it doesn't have to be a great work of art!).

Draw a thought bubble, inside it write down all the things you are thinking/worrying about at the moment.

On the outside of the thought bubble, write down all the people around who can support young people to deal with these thoughts/pressures.

Take a photograph of your self-portrait and post it to the HMS Facebook page using the hashtag *#supportyourself*

## Resources for parents

Northumberland County Council have put together the padlet with lots of resources for supporting students: [https://padlet.com/nies1/return\\_to\\_school](https://padlet.com/nies1/return_to_school)

Young minds also have some excellent resources for parents to use in supporting their children: <https://youngminds.org.uk/find-help/for-parents>