

PASTORAL SUPPORT

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

Support for you : 5 Ways to Wellbeing

CONNECT

This is about connecting with others, it may have to be virtually at the moment but there is lots of evidence to suggest that making meaningful connections with others is beneficial to our mental health and well-being.

BE ACTIVE

Physical activity generates positive chemicals in the body which help us feel positive. You might not be able to get out for a walk or organised sport at the moment but can you think of creative ways you can get active at home?

TAKE NOTICE

Mindfulness is also about being present in the moment and appreciating the things around us. Why not take a moment to look out of the window or sit in the garden and take in the nature that you see?

KEEP LEARNING

Keeping our brains busy is a great way to keep ourselves feeling upbeat. Why not challenge yourself by taking up a new skill or trying something new at home?

GIVE

Giving to others is a great way to bring yourself joy. Small acts of kindness to those in your household could be any easy way for you to give—making someone a cup of tea or hoovering your bedroom?



Issue 2

Resources for parents

Northumberland County Council have put together the padlet with lots of resources for supporting students: <https://padlet.com/nies1/re-turn-to-school>

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