



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

Resources for Parents

It seems as though as a nation we are a bit more prepared for lockdown this time around and the BBC are providing a full program of educational shows and resources across their TV and web platforms:

<https://www.bbc.co.uk/programmes/genres/learning/primary/all>

Mental health continues to be a concern for many parents as children adjust to their new routines and change in circumstances. Young Minds continue to provide a range of excellent resources and activities for parents to use in supporting their children:

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

Support for You

Remember to look after yourself during this lockdown! School work is important but you need to take care of your mental health too. Here are a few suggestions of ways to do that!



Lockdown 3.0—A Staff Snapshot

Some of you may know that when I am not in school I spend most of my time on my family farm up in the hills. Most days I get home and take my high heels off and put my wellies on so I can collect the eggs or feed the pigs!

During the last lockdown I was based at home a lot more and between teaching and pastoral work I was outside with my children enjoying the beautiful weather we were blessed with. This lockdown feels



quite different; with six inches of snow on my way in this morning and a cold wind blowing it's sometimes hard to remain as positive as last time around!

That being said, it's been so lovely to be able to connect with pupils this time both online and those attending school. I hope that many of you are feeling that benefit too this time around. I think the hardest part of lockdown for many is the fact that you can't spend time with friends and family, but hopefully the live lessons are helping with that feeling of isolation. I'm sure that most of you have also become very good at using technology to connect with your friends!

Personally, I always find it helpful to have something specific to aim for during times like this. I have decided to set myself the goal of one run per week during this lockdown period, I'm keeping it realistic by not setting my target too high, especially when it's snowing!

Perhaps over the course of this time you could think of your own challenge or target to work towards? It doesn't have to be a big thing, just something small to motivate you. I look forward to hearing about people's achievements when you all come back to school.

Best wishes

MRS CURRY

Weekly Challenge: Random Act of Kindness

Remember that lockdown is a challenging time for everyone, including your parents are carers, whether they are working or at home helping you with your schooling. It's important that we try and be kind to each other because it's very easy to take our frustrations out on those we live with.

The weekly challenge from the pastoral team this week is to try and carry out a random act of kindness. You could make someone a cup of tea, clean your room or take the dog for a walk...?

If you want you/your parent/carer can post a message or photo of your act of kindness on HMS FB page using **#HMSweeklychallenge**

This is another great way to stay connected and see what other people are up to!

Safeguarding

This remains a key priority for us at HMS throughout this lockdown period. Please remember that although school is not open we are all still here to support.

Any safeguarding concerns can be reported to admin@hexhammiddle.org.uk or Mrs Curry can be contacted on 01434 602533.

Children's Services also remain open throughout this time 01670 536 400.

E-Safety

As we have all moved online it is important to remember our basic e-safety principles:

- 1) Never communicate with anyone you don't know
- 2) Never share personal information
- 3) Never share passwords
- 4) Be kind online—just because it's typed doesn't mean it doesn't hurt
- 5) Report anything suspicious to a trusted adult

<https://www.thinkuknow.co.uk/>