



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 & Your Parents: What a week should look like:

Things are very different for all of us at the moment; most of our regular routines have gone out of the window and we're all getting used to (yet another) new normal! Some of you have fed back to the pastoral team that you are finding it quite tough to keep up with all the learning and live lessons. Here are a few suggestions to try and make things easier throughout the week for you and your parents/carers:

- 1) **Stick to your timetable:** Whether it is a live or self-guided lesson, try and stick to the time you would usually have that lesson in school. That means finishing at the time it would usually finish—don't worry if you haven't managed to complete all the work, just do the best you can and let your teacher know where you go up to!
- 2) **Take breaks:** In school you would be moving between lessons as well as getting outside during break and lunchtime. Try and build this into your days at home too; stretch your legs between lessons, make a cup of tea, go in the garden.
- 3) **Ask for help:** Just because we are working online doesn't mean you can't ask for help. If you don't want to say anything during the group chat then message your teacher on Google Classroom and ask them for some more support, just like you would in school!
- 4) **Organise your work:** Whether you are working online or on paper make sure that you know where things are for all your subjects and try not to get things mixed up!
- 5) **Stay connected:** When you're at school, you see your friends daily, it's hard not to have that face to face contact. Try and stay connected in other ways—if you think of anyone who might be lonely, drop them a message!

Lockdown 3.0—A Staff Snapshot

Having to stay at home instead of going to school and playing out with our friends is- let's be honest- sometimes just a bit rubbish. This week I have had to isolate for not the first, or even the second, but the third time! I am now a bit of a professional when it comes to surviving being stuck inside and wanted to share my biggest tip with you.

We hear lot of top tips about staying well in lockdown, getting fresh air, keeping active, eat our 5 a day blah blah blah...Do not get me wrong, these are very important, but I think we forget the most important one; to be silly!

When we're in school it is much easier to have a good laugh, sharing daft jokes with friends, playing games at breaktime, laughing in lessons. But when we are stuck at home it can be much, much harder to find things that make us smile. So, sometimes we have to seek silliness out; I'm prescribing you a good dose of silliness at least once a day. Here are some ways that I find to be silly.

1. Put on your favourite cheesy tunes, shut the curtains, and throw yourself into your best, and most silly dance moves. My top songs now to throw some shapes too are:

Bad Guy by Billie Eilish

Juice by Lizzo and Harry Styles

I bet that you look good on the dance floor by Arctic Monkeys

Singing along is optional, but strongly advised for maximum fun.

2. Having a laugh with your friends. Video call a friend or family member and tell them a hilariously bad joke, play some silly online game with your friends and family members that make you laugh or make a quiz with some silly questions in to play with your friends or family over video call.



3. Do some creative silliness. Cut up magazines to make a fun collage, make yourself a tiny little joke book by folding a bit of paper up and writing your favourite daft jokes inside, and my personal favourite- write a silly poem! During lockdown, I have been running a very silly weekly limerick competition, where I give my friends the first line of limerick, and they finish it off. A limerick is a poem that has five lines and tells a silly story. The first, second- and fifth- lines rhyme with each other, and then the third and fourth lines also rhyme with each other. Some of them are very, very silly indeed! Here is an example:

There was an old man called Keith,
Who once mislaid his false teeth.
They were sat on his chair,
But he forgot they were there,
So he sat down and was bitten beneath!

Why not try writing your own silly limerick! The first line is 'There once was a farmer called Ed'. If you are stuck, the 'wikiHow' page online about how to write a limerick is helpful!

Send me your best tips about having a laugh this week! I'd love to see any of your best silly dancing play lists, hear about your silliest joke you told to a friend, and read your silly limericks!

Keep on having a laugh.

Miss Bourne (rbourne@hexhammiddleschool.org.uk)

Weekly Challenge: Make Off

We know that lots of you are getting creative at home at the moment, why not use this week's challenge to showcase some of your efforts?

Your challenge is to make something from scratch: a Lego model, a sculpture, a piece of craft. The list goes on! During the last lockdown in November, Mrs Curry took up knitting and made a hat. Maybe some of you could give that a go?



You can post pictures of your achievements to our HMS Facebook page and use the hashtag **#HMSWeeklyChallenge!**

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/>