

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)**

### *Support for You*

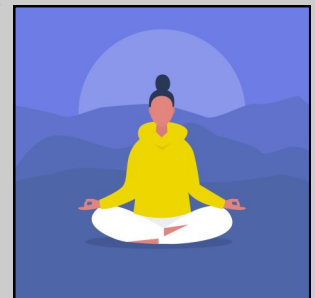
Last Friday we enjoyed 'Feel Good Friday' with lots of you sending in some fantastic photos of things you had been up to. Pupils in school had great fun walking Mrs Curry's dog, Fergus; completing the baked bean challenge; doing arts and crafts and trying to break world records!



As we look towards half term next week, why not use some of that extra time to continue something you started on Friday, or try something you didn't have a chance to then? Whatever you get up to, try and use the week to relax a bit, spend some time away from screens and unwind.

The following link takes you to some really useful, short meditations for children and young people. Why not have a little look and give one a try next week as part of your relaxation?

<https://youtube.com/playlist?list=PL-U0XpX-QXDiuYU6sXmRJsDLhrop1r>



### *Support for Parents*

We appreciate that the prospect of half term is a bit different this time around with many of the usual haunts and places to go closed. This blog post has some really good suggestions and links to interesting activities to try out with your children during the holiday, most of which can be completed from home!

<https://www.futurelearn.com/info/blog/50-free-things-you-can-do-during-lockdown>

Positive mental health continues to be central to our agenda at HMS and our in-school counsellor, Fiona, has recommended 'Happiful Magazine' as a good resource for parents to support their own wellbeing during lockdown, there are articles and podcasts covering a wide range of topics and issues.

<https://happiful.com/>

## Lockdown 3.0—A Staff Snapshot

People say a picture is worth a thousand words, so I thought I would share with you how lockdown has been for me and my family with a few pictures. Because I have been shielding, it has meant that my family too needed to shield with me. That means, Mr Eyre-Tanner, our three children, and a new puppy (yes a new puppy) have all had to be indoors.

Being indoors for lockdown 1 was not too hard, as it was sunny and warm so we were able to spend much of our free time outdoors.



My son loved feeding the birds whilst my youngest daughter really enjoyed doing puzzles outside, we would also go for daily walks around our village to check in on one of our neighbours who would arrange her children's teddy bears doing different things outside each day! Another fun thing we did was paint a big canvas! We all took turns throwing different coloured paint at it until it was nearly all covered and now it is hanging up in our house!

This lockdown - being outdoors has been a bit different with our new puppy and the weather. We try to go out at least once a day, as fresh air is so important for our wellbeing.



Last lockdown I discovered a skill that I didn't know I had. I started trying to refurbish some old furniture and I really loved doing it. I would have loved to be able to do some more this lockdown but it's been a bit too cold for me to paint outside!



Lockdown has definitely had its challenges, but we have tried very hard to keep positive and try new things. It hasn't been too bad having to shield from the world a bit, and we were so very lucky to have lovely friends and family who would leave us treats every so often to keep us going.



Staying together, trying new things, and aiming to be positive have been my takeaways from lockdown. What have you been yours? Have you tried anything new? Have you found a skill you didn't know you had? I would love to hear about it.



Until we meet again - I cannot wait to see you all soon! Bye for now ...



## Weekly Challenge: Have fun!

*You have all worked so hard this half term and we have been so impressed with the engagement and learning which has taken place across all year groups. During this half term holiday, our challenge to you is to have some fun, in line with what government guidance allows.*

*Some suggestions for things to do: Get out on your bike, walk your dog, do some baking, go for a run, do a zoom quiz with friends!*

*Whatever you choose, enjoy it and you can email us some photos with 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](mailto: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/>