LHS Community well being newsletter

Longhill High School **2nd April 2020** [Edition 1, Volume 1]

Why this newsletter now?

School closure during Corona lockdown

During this incredibly difficult and challenging time for all, we are facing new situations every day. It is a 'testing time' for all of us and it might be that we need some support for feelings of anxiety, stress and our general emotional health and well being. That is the purpose of this newsletter. At Longhill we have created a support page on our website which can be found HERE. This is a very long list of support services that might be able to offer support / advice / guidance over the course of this unknown time whilst the school may be closed and you have your child / children at home. In each newsletter we will update you with any particular support and add it to the website list

Chat Health

Concerns about health?

We have recently sent an email out to all students, Parents and Carers to promote Chathealth which is an excellent source for asking

questions of our school nurses about any aspect of health within your family.

"School nurses would like to advise you that during the current Covid-19 outbreak, we are still here for you and your family, to offer information and support about your child's health."

Daily well being activities

Each week in this newsletter we will include suggestions for daily well being activities.

Here's a couple to try.

Breathing technique – Triangle Breathing

Breathe in for four and out for four for a minute. Or watch this YouTube visual and breath in and out in time with the triangle as it grows.
https://www.youtube.com/watch?v=u9Q8D6n-3qw

YOGA

Try some yoga with Adrienne

https://www.youtube.com/watch?v=7kgZnJqzNaU

In addition to this we would like to let you know about some useful sources of support that has been sent out to us recently:

Thinkyouknow (advice from the National Crime Agency to stay safe online)
Internet matters (support for parents and carers to keep their children safe online)
Parent info (support for parents and carers to keep their children safe online)
LGfL (support for parents and carers to keep their children safe online)
Net-aware (support for parents and careers from the NSPCC)

PLEASE NOTE:
Over the Easter holidays, with the exception of the bank holiday weekend, the school will be open for you to contact if you have any queries 01273 304086

Finally, try this,

Young people have said,

'It helps to release tension and anger, and also produces a satisfaction of 'I've made something!"

'It was helpful to get up and do something with my hands and be able to move around. It also took a lot of my focus and so I wasn't worrying consistently as I was distracted by the baking. It helps you maintain a sense of purpose and productivity while doing something nice for yourself.'