

LHS Community well being newsletter

Longhill High School

1/5/2020

Edition 3, Volume 1



How are you?

School closure during Corona lockdown

As Parents and Carers you are doing so much at home to keep your child safe, supporting their education and looking after their Mental health and well being. We hope they are looking out for you too and are helping around the house / flat / garden etc. Regular chores can help their daily routines! Please can we remind you again of our support page on

our website which can be found [HERE](#).

So, research from 'YoungMinds' suggests that 32 % of young people with a history of mental health problems felt that the pandemic had made their mental health much worse, and 51 % said that it had made it a bit worse. Hence why it is so important we look after our mental health

experiencing a mental health problem. It runs an Infoline which offers information and advice on mental health; you can call on 0300 123 3393, text on 86463 or email at info@mind.org.uk



JACK THE LAD was due to visit us at Longhill to deliver some inspiring assemblies to our students. See what he was going to say [HERE](#) and get your children watching this too.

Mind – a leading charity working for mental health

If your child had no pre-existing mental health condition prior to COVID-19, but you are worried about their general emotional wellbeing, there are several places you can find advice:

[Online support from Mind](#)

Mind provides advice and support to empower anyone

Daily well being activities

...

Some of our staff have added their challenges here. Get them to try these

Mr Rolfe



On a sheet of A4 or on computer solve the following problem . Design/ sketch 8 diagrams with a sentence of explanation highlighting alternative uses for a 4 pint plastic milk container.

"Motivation is what gets you started, habit is what keeps you going!"

Mr Grier



Tidiest bedroom, most organised bookshelf or just general tidying brilliance! Photo evidence needed!

Ms Barton -Learn some origami



<https://www.origami-resource-center.com/origami-basics.html>

Visit [ARMCHAIR GALLERY](#) for some amazing virtual tours of historic places.

Some useful workshops for Parents/Carers

Key

PMHW – Primary Mental Health Worker

SEMH – Social and Emotional Mental Health

Please go to SWSConsultationLine@brighton-hove.gov.uk in order to register. These will be small groups and will be on Face Time or What's app, depending on access.

| Support offer | Who is this for? | When |
|---------------------------------|--|---|
| Sleep workshop (Primary) | This a session for parent/carers and children to look at sleep patterns and supporting a healthy approach to sleep. | This will be over two consecutive Fridays, 1 st and 8 th May at 11.00-11.45 |
| Catch up coffee mornings | Parents who are feeling isolated or just need to chat a few things over. This would be a small group and facilitated by a PMHW and an SEMH practioner | Tuesdays 10.30 to 11.30 Wednesday 2.00-3.00 |
| Parent anxiety workshop | This is a session to support parents in understanding anxiety | Friday 1 st May at 10.30-11.30 |
| Parent workshop around low mood | A brief presentation for parents and carers, exploring the link between low-mood and life events. For those wanting to understand and explore some of the supportive approaches that can be used | Tue 5th May 1pm-2pm Tue 12th May 11am-12pm. |

Our Primary Mental Health Worker

Dan Geer is our Primary Mental Health Worker and has worked at Longhill for two days a week (Tuesdays and Fridays) for nearly two years now. He works with young people, families and staff within the area of mental health and well being. During this time he is part of a team of Primary Mental Health workers who are staffing a helpkine so if you have any concern about your child contact.....SWSConsultationLine@brighton-hove.gov.uk

Or call 01273-293481

Some tips from 'Mind'

Evidence shows that reminding yourself to 'take notice' and being aware of what is taking place in the present moment directly enhances your wellbeing. When we occupy our minds with 'doing nothing'; we can find ourselves worrying about the future and caught up with unhealthy thoughts and negative feelings. By taking notice and being in the present, we can improve our mental health and sense of wellbeing. Take some time to enjoy the moment and the environment around you. Two other ideas you could try to help you "take notice" ...

1) We are very fortunate to have the South Down's on our doorstep here in Sussex. If you feel motivated to venture out on your daily exercise, have a look at the [Discovery Map](#) and see if there is anywhere new you can discover to take notice of our beautiful countryside.

2) Drawing, doodling and colouring can be a very mindful exercise – take notice of the colours and the sensation of the pencil against the paper, rather than trying to draw anything in particular. You can use a mindful colouring book or download and print some [mindfulness colouring images](#).