

LHS Community well being newsletter

Longhill High School

5/8/2020

Edition 4, Volume 1



Feeling stressed?

School closure during Corona lockdown

Does it feel like things are getting too much? Perhaps it's home learning, anxiety about work, 'lockdown blues' or issues within the family during this challenging time. Whatever the cause, you might feel anxious, you might even get headaches or struggle to sleep. In other words, you are stressed. But don't panic – you're not alone. Stress is a normal way for our bodies to react to high-pressure situations, and we all are experiencing this at the moment!

April was Stress Awareness Month, which makes it the perfect time to think about ways of coping with stress. But how?

The NHS recommends that you start with small steps. If you can, take some time out of your day to relax. Make sure you keep exercising – and now we can exercise more, taking part in exercise releases

hormones that, in turn, reduce stress. If things still feel like too much, remember that you can always seek professional help, which might have to be online at the moment.

Please can we remind you again of our support page for Parents and Carers on our website which can be found [HERE](#).

Some useful workshops for Young People

Brighton Youth Centre (BYC) are offering zoom sessions each week on Tuesdays 7-8:30 for 13-19 year olds. There are 6 rooms all run by youth workers and creatives which include the following:

Art In Mind - learn a new artistic technique each week with the opportunity to share work and get feedback and support. These are held by

Daily well being activities

Now that the garden centres are opening this week, set a challenge for your child/ren to grow something in the garden / on the patio, in a pot!



Complete this [one-minute meditation](#) for reducing stress. How do you feel afterwards? Did it work?

How about trying out and learning a new recipe? Brighton and Hove Food Partnership have some great recipes to get started; Look here for [cooking on a budget](#) and with limited equipment

Practice 'acts of kindness' Try to do one 'act of kindness' a day, this could be calling a friend or family member, making someone a cup of tea, putting some food out for the birds, checking in with a neighbour.

two of Brighton's professional graffiti artists and other creatives.

Vocal Zone- singing and songwriting workshops

Games Room- Gaming challenges

Guitar Skills- Guitar technique for any level

Cypher Session- sharing beats and bars with other musicians and get feedback and lyric writing support

BYC Step- Chill out room where people can just chat and meet new people/ join with their friends



A particular challenge from Mr Grier!



Today's challenge



Make a masterpiece out of a toilet roll tube - waste not, want not!

If you don't have one, find something else recyclable and create a masterpiece!

Upload your photo so everyone can see!



Dr Krause's 'Tips for Teens' to manage anxiety can be found on our website – have a look!

And one from Mr Rolf!

Look up the words 'Genre' and 'eclectic'.

Understand what they mean.

A style of music I like is **Jazz**.

If you can, listen to 'The Drum battle' Gene Krupa and Buddy Rich. Fantastic drummers, Energy, Talent and Skill.

Write down your impressions of this music. Rewards for responses when we return to school. Complete response on computer or journal use title **Longhill Jazz Club.**



'Take Five' to manage the physical symptoms of anxiety. Stretch out your hand and trace your thumb with a finger from the other hand. Breathe in as you move upwards and out as you move downwards. Repeat for each finger.