

# LHS Community well being newsletter

Longhill High School

5/6/2020

Edition 7, Volume 1



## Transitions - back to school?

School closure during Corona lockdown

We hope everyone had a good half term and managed to enjoy some of the sunshine we had whilst remaining safe and keeping alert.

As we approach a time where we are starting to prepare some of our students in Year 10, back to school life, we would like to focus this week on transitions and supporting our students back to school. For Year 10 this might be some time soon, for others it might not be until September but it is still good to start thinking about it! See further in this newsletter for some tips and guidance.

**Time for some inspiration.....**  
in an earlier edition of our newsletter we drew your attention to 'Jack the Lad', the former radio DJ who with 'Love Local Jobs' is leading the 'Dare to Dream' programme. He was due to

come into Longhill to speak to all of our students about their futures. There are now a completed series of short videos you can watch with your child / children. It suits all ages but especially those who are looking to the future which is what we now need to do. This one is all about '[Resilience](#)', the ability to 'bounce back' in times of challenge and difficulty which is perfect for now! You can now view [#LLJLockdown series with Jack the Lad](#). All of the videos can be found [here](#).

In every newsletter we will always remind you again of our support page for Parents and Carers on our website which can be found [HERE](#). If you need support, we are here for you.

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## Daily well being activities

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### new music

Try and listen to a different music album or single every other day—you might just find your new favourite artist or band!

### fitness

There's lots of inspiration on the internet but you can also make up your own routines. Try timing yourself doing a routine and see if you can beat your time the next day.

### baking

Baking and cooking can take time, so it might be that now is the perfect time to give it a go! Send us your favourite recipe!

### drawing

We love this daily drawing challenge from Natural Beach Living - visit [www.naturalbeachliving.com/30-day-drawing-challenge/](http://www.naturalbeachliving.com/30-day-drawing-challenge/)

### sewing

Repurpose old material or get in touch with Brighton community organization '[Sew Fabulous](#)' for their brilliant little sewing kits you can do at home.

Taken from  
Safety-Net  
newsletter

If you enjoy  
sewing, watch  
'The Great British  
Sewing Bee' on  
Wednesdays  
BBC2 9.00pm

## Some tips for Parents/Carers when children returning to school

As quickly as they were thrust into the isolation of lockdown, suddenly some pupils will be dealing with new school rules, routines, classrooms, classmates, teachers and, in some cases, even new schools.

For many, these changes will inevitably create anxiety, especially given the ongoing threat of COVID-19 and new school [social distancing and hygiene measures](#). More so again, if they're leaving other family members 'safe' at home.

To make their transition easier, [here](#) are eight things to consider if your child is returning – or preparing to return – to the classroom.

## Mindful month with 'Smiling mind'!

'Mindfulness' means knowing what is going on inside and outside ourselves moment by moment. It is also scientifically proven to help us improve our mental

wellbeing.

'Smiling Mind' is a non-profit organisation that has loads of free mindfulness resources for adults and children to help you and your family get started and practice a bit of mindfulness daily. The app is free to download and everything on it is FREE.

## The Maudsley clinic gives advice to Parents and Carers!

During this stressful and cooped-up time, don't let the pressure of parenting get you down. Try these simple tips and tricks, formulated by researchers and NHS mental health experts, which are backed by science and proven to work with families. Watch some of the videos [HERE](#) to share some ideas, strategies and advice for families under pressure during covid-19.

## Get positive with this Positivity Calendar this month!

Have a look at this [calendar](#) Each week you can look at a key skill that a young person can develop to help them live a more positive, fulfilled

life. These 30 daily activities support young people's wellbeing and personal development. Week one is all about developing *confidence*.

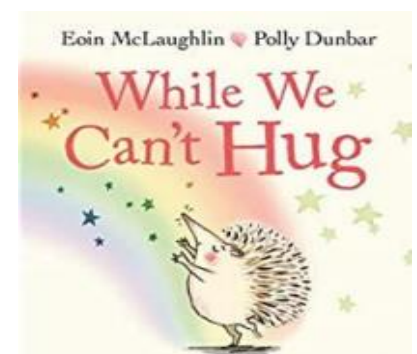
The following weeks look at communication, resilience and self awareness.



## Finally, for all those who can't hug the ones we love!

Just a short video to end on which although was written for younger viewers, applies to us all. For all those who can't hug the ones they love.

SEE [HERE](#)



Have a safe and relaxing weekend!

