

# LHS Community well being newsletter

Longhill High School

6/12/2020

Edition 8, Volume 1



## Continuing Transitions - back to school?

School closure during Corona lockdown

We are now preparing to see our Year 10s, starting with a one-to-one face to face meeting next week. We are looking forward to welcoming and supporting them back to school, albeit a very slow phased approach which is the right thing to do. This is going to raise some anxieties in your child if they are in Year 10 so please do reassure them that we have prepared thoroughly and the environment is a safe one.

For years 7,8 and 9 this is likely to be September but we will approach it in a similar way, carefully and allowing every student the one-to-one time with an adult to be able to share their story. We are continuing to share further tips and guidance regarding transition back to school in this issue of the well being newsletters.

Now that we are allowed to meet up to 6 people outside in

gardens, parks, on the beach etc, we are finding that many young people are beginning to 'relax' the social distancing rules. It is more important than ever to maintain this rule and when students come back to school we will be reinforcing this so on the second page are some important tips to help young people say 'NO' to their friends when put under pressure. This has been sent directly to them as well but maybe as Parents/Carers, you could go through this together with them.

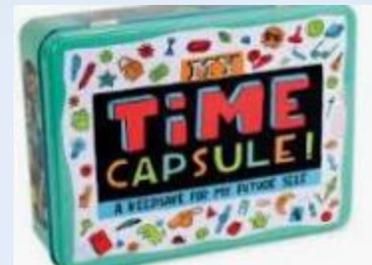
In every newsletter we will always remind you again of our support page for Parents and Carers on our website which can be found [HERE](#). If you need support, we are here for you.

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## Daily well being activities

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- 1) Make a 2020 time capsule to bury somewhere. See [HERE](#) for how to do this.



- 2) Research Mehndi patterns and make one of your own on paper.



- 3) Dive a shipwreck, swim through the 3<sup>rd</sup> largest coral reef in the world and tour a civil war-era fort in Florida, USA in this virtual introduction to 5 of the most amazing National Parks. For this underwater tour, choose [Tortugas National Park](#)

## Racism and violence, helping kids handle the news.



With protests over the violent deaths of black Americans dominating the news, it's understandable that many young people are feeling scared, confused or angry about the situation. How can you, as parents, help children process what they're seeing and manage their feelings?

There's no one right answer. That said, there are a few guidelines parents can keep in mind to help kids deal with troubling news about race and violence. See [HERE](#) for some really useful tips.

### Helping your child to say 'No'

If pressured by friends to get 'close', here are some top tips on how to say no confidently and without the worry of 'causing an issue':

1. **Gently remind people that what they are suggesting or doing isn't right.** This could

be light-hearted at first e.g. "oops don't get too close!" or using well known phrases such as 'social distancing', 'stay alert' or 'two metres'. By reminding them of this you are encouraging them to take responsibility of their actions whilst also letting them know you are not comfortable.

2. **Be sure of what is right and give reasons for this.** To help you feel confident when justifying saying no, you might want to refer to the law or government advice which will also support your idea and you could say this to your friends if you need to. E.g. "Lockdown can only remain relaxed if the rate of infection lows. I want to be able to still see you so I'm staying 2 metres away because I don't want another lockdown"

3. **Use an anecdote or personal story.** You may know a vulnerable person or have heard a story about someone becoming infected through a carrier of the virus. E.g. "My Nan is in the vulnerable group and I want to keep her safe"

4. **Have an exit strategy in case you aren't being listened to.** This could be as simple as "I need to go to the toilet" or checking your phone and saying "Something's happened at home. Not sure of the details yet but I should go back"

5. **Offer an alternative activity which makes you feel more comfortable.** E.g. suggesting a bike ride instead of a walk as it's easier to keep

distance; playing a game or sport without tackling and one which keeps you further away from others; meeting somewhere a trusted adult will also be so they can be the one to insist on social distancing.

6. **Remember that good friends will understand.** One of the best qualities in a friend is that they care about you and respect you. If they are a good friend, they will agree with your feelings and want to help you feel safe and happy.

### Finally, with hindsight if I could go back what would I do differently?

It's not too late to change routines if it's not working....

#### If I could go back to March and talk to myself with hindsight, my advice would be...

- \* Video games and smart phones are essential for socialising, so loosen up the rules on screens. It's not worth the battle. However, keep the parental controls on so the only thing you're worrying about is screen time, not content.
- \* Teenagers don't always want your help, no matter how frustrating it is to watch.
- \* We're up and down as adults, so we can't expect our children to be anything else.
- \* Don't feel intimidated by the great projects others are putting on social media. Usually, people only post a photo of the 5 minutes in the day when something went right.
- \* Baking can be maths, science, PSHE, geography and sociology; dance is PE and music! That's eight subjects covered.

