

LHS Community well being newsletter

Longhill High School

3/7/2020

Edition 1, Volume 2



The new normal!

School re-opening after the Corona lockdown

You may have noticed there was no newsletter last week; We start a new era as we begin to open to all our students now and consider September seriously. Our Emotional Health and Well being could not be more important and will be 'tested' during this transition back to a 'new normal'.

Most year 10s have now been in 3/4 times over the last few weeks and the great news is that Year 9s are NOW coming in for a face-to-face meeting with one of their teachers, and next week it will be the turn of the Yr8s and then Yr7s if all goes to plan. Students are feeling more reassured and the fact that they see someone before we break up for

Our School nursing service

Our school nurse, Claire Wilson has sent through some important links about their excellent service that they are continuing to give.

Summer means it will be easier for them when returning in September. This meeting is about checking our students well-being as well as helping them to re-engage with work if they have been struggling with it.

Everything about this meeting is positive and students should not worry or feel apprehensive about coming in.

And now we know a little more about September we are now preparing for a full return for all students after the summer break, even though it may be a little different.

[Talk about it](#) - the important of talking about any anxiety.

[Sleep tips](#) – some useful tips to help with sleep.

Daily well being activities

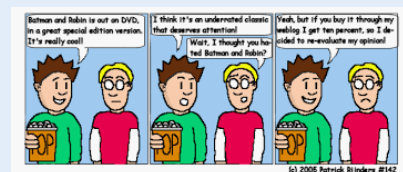
Activity 1

What has to be broken before you can use it?

Make your own riddle and see if anyone can guess what it is. See answer to above riddle below!

Activity 2

Write and illustrate a comic book or story to uplift people's spirits.



Activity 3

Make a drink for someone and sit for 10 minutes and have a chat. Find out 5 things about their life that you didn't already know.



Answer: An egg

Back to School



There are many useful sites for Parents and Carers to look at when discussing coming back to school. Here are just a few. The important issue here is to talk about it with your child. Get a good sense of how they are feeling about return to school and if you think there might be any issues arising then please let us know so we can put the necessary support in place.

[YOUNG MINDS](#) Parents Helpline experts share their tips for supporting a child in the transition back to school life.

[Beaconschool](#) share their 5 tips for parents in supporting their child back to school.

[CHILDMIND](#) share some helpful advice for parents just generally when children feel anxious about returning to school after a break.

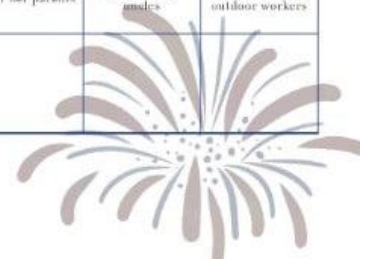
Kindness is the Key ...



July Acts of Kindness Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1. Leave a small gift in your mailbox for the mail carrier	2. Turn off your cell phone for the entire day	3. Leave out water for animals and birds	4. Hand out small American flags	5. Tell someone's boss that he/she did a good job	6. Vow to only say kind things today
7. Buy something from an independent retailer	8. Organize a neighborhood treasure hunt	9. Give a family member a massage	10. Make 2 casseroles for dinner, one for you + one to give away	11. Call or visit someone who lives alone	12. Surprise someone with a picnic lunch	13. Collect all your spare change and add it to a donation jar
14. Leave a generous tip	15. Fill a box with items you no longer need and donate them	16. Buy ice cream for someone else	17. Leave activity books and crayons in waiting areas	18. Host a free lemonade stand	19. Leave a jar of washing gammas by a fountain	20. Hand out lollipops to children (w/ parents' permission)
21. Pack lunches and hand out to homeless people	22. Visit a zoo and thank the zookeepers for what they do	23. Tell your parents why you are thankful for them	24. Call your cousins or send them a card	25. Praise a child to his or her parents	26. Send an e-mail to your aunts & uncles	27. Hand out bottles of cold water to outdoor workers
28. Bring extra sunscreen to the pool to share	29. Invite friends over for a BBQ	30. Send a "Thinking of You" card to your father-in-law	31. Visit an animal shelter			

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In all of the literature that is coming out about emotional health and well being, one of the most important things that will help all of us is **KINDNESS**.

As mentioned in the last newsletter, this month is the month of Kindness and there are a number of activities that we can all be doing. Check out

the Kindness calendar above and this weeks daily activities on the front page.

Further support for Parents and Carers is on our website and can be found [HERE](#). If you need support, we are here for you.