

LHS Community well being newsletter

Longhill High School

4/24/2020

Edition 2, Volume 1



This is about well being, NOT home schooling!

School closure during Corona lockdown

We hope you managed to have as good an Easter break as possible under the conditions each of you are living in. It continues to be a challenging time for all as we continue to face new situations every day and listen to the daily update on the Corona virus. Please can we remind you again of our support page on our website which can be found [HERE](#).

Last term our whole school termly theme with all students was 'Emotional Health and Well being' and

now is important as ever that we ensure we are all emotionally well. In particular we looked at the '5 ways to Wellbeing', Connect; Be Active; Take Notice; Learn; Give. See [HERE 5 ways](#) for more details. In this edition of our newsletter we continue to try and point you in the direction of ideas, activities and support.

Soon a 'Home schooling' newsletter will be coming to you with helpful information so watch out for that very soon!

Mental Wealth!

<https://www.youtube.com/watch?v=V8I0cxoNfoE>

Watch this clip on Youtube. It's really informative with useful tips about the 'why', 'What' and 'How' for mental wealth!

Self isolation imagined...



Self isolation actual...



Daily well being activities

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Get them to try a challenge a day for the next 5 days !

Day 1

Put a rainbow in your window <https://www.bbc.co.uk/newsround/51953553>

Day 2

Make a card to send to the elderly and vulnerable members of your community to show support

Day 3

Explore the Titanic as an online tour. <http://titanicvr.io/>

Day 4

Learn how to cook a meal and eat together.

Day 5

Play a game that you haven't played in a while with someone else in your house.

[Directory of YOUTH SERVICES](#)

This link (above) will take you to a Directory where you can get information on a really wide range of support areas such as, Allsorts Youth Project, AMAZE (for parents with students who are SEN), Black and Minority Ethnic support, various sporting groups for young people, .

Phone calls to students!

We have a team of staff who are making calls to some of our students who might struggle during these times. If you feel this might benefit your child then please contact fbarton@longhill.org.uk who will organise a call home.

Our School Counselling Service

Finally, just a 'shout out' for our school counselling service which continues during this time with telephone counselling. We can take new referrals now. Please contact fbarton@longhill.org.uk

Regular physical activity is associated with lower rates of depression and anxiety across all age groups, and is even more vital whilst living our currently restricted lifestyles. Current government advice is that we are able to leave our home once a day for exercise, and if we are fortunate to have access to outdoor space, we are able to use it.

Here are a few ideas you could try this week...(Taken from MIND)

o If you are a keen football fan, Albion in the Community have launched [Together in the Community](#), with resources and video tutorials including football skills and challenges.

o Brighton and Hove City Councils Active for Life team have got lots of great ideas and guidance of how to [keep active at home](#)

o Make use of your daily exercise allowance! Take a brisk walk around your local area, increasing your vitamin D intake and even connecting with passing neighbours (whilst following social distancing guidelines)

o Active Sussex are sharing local ideas, initiatives, online classes or webinars from across Sussex on their social media platforms. Check it out [here](#)

o Do you enjoy dancing? Take the opportunity to join in dance classes from all around the world! A huge variety of online classes [here](#) through Dancing Alone, Together. (Helpful tip - add 5 hours to the times listed to convert to British Summer Time!)

