

LHS Community well being newsletter

Longhill High School

5/15/2020

Edition 5, Volume 1



You can do it!

School closure during Corona lockdown



In the Prime Minister's announcement on Sunday evening he made it clear that lockdown is going to continue in some form or other for quite a while yet. This is of course very frustrating, upsetting, disappointing and anxiety fuelling but it is important to remember that this is for our safety. Please can we remind you again of our support page for Parents and Carers on our website which can be found [HERE](#). If

'Raising Teens'

We can really recommend this radio show. Please read about this. Building on the huge success of the BBC radio show, Raising Teens, this

you need support, we are here for you.

Whilst some Parents and Carers may be going back to work this week students are still remaining at home until we know it is safe for them to return to school. Please be reassured that the Governors and Senior teams at Longhill are working hard to consider how students will return to school safely and with support. With this in mind this newsletter continues to offer support and guidance on general emotional health and well being.

third series will address crucial issues around surviving lockdown, the pandemic, and its effect on

Daily well being activities

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From Mr Grier

This challenge takes some skill...

Find a pack of cards (doesn't matter what cards they are!).

Can you build a house of cards from them? How many tiers can you make it?



Your challenge is a creative writing task.

From Mr Rolfe

Describe why Colonel Tom Moore is a hero to you ?

Or

Write about any hero that inspires you ?

Keep Training . keep Active and keep Fit!!

From Ms Barton

Finally try **Online Quiz Night**: The [teenager version of the virtual quiz night](#) that's had so much success on Facebook

family mental health. It provides practical, expert advice to parents, carers and teenagers, helping them to navigate the challenges during the coronavirus crisis. The show's creators Make (Good) Trouble, run a thriving Facebook Group [Raising Teens in Lockdown](#), which has highlighted concerns raised by worried parents, carers and teachers. As a result, series 3 will explore Pandemic Anxiety, Home Schooling, Separated Parenting, and Domestic Abuse. Raising Teens is a warm-hearted, honest, and practical radio show where host Guy Lloyd, father of a teen, talks to parents and experts, while our teen reporter Lola Ray discusses these issues with teenagers. The show is created by BBC Radio Sussex and Make (Good) Trouble CIC, a social enterprise that works with teenagers, parents, and schools to tackle issues around teen mental health and wellbeing. It is broadcast on BBC Radio Sussex and BBC Radio Surrey **between 7.30pm and 8pm on Mondays and Wednesdays from 18 May for four weeks**, and then available on BBC Sounds soon after broadcast. Catch up on previous episodes from

Raising Teens Series 1 & 2 here:

<http://www.makegoodtrouble.co.uk/raising-teens/>

Practicing Mindfulness

Mindfulness is a useful relaxation tool that can help us to slow down, pay attention and be present in the moment. It can be hard to teach mindfulness to young people, so try a variety of activities to see what works best for your child. Follow the link to find this free handy A-Z of mindfulness to give you some ideas.

<https://www.elsa-support.co.uk/wp-content/uploads/A-TO-Z-OF-MINDFULNESS.pdf>

Self Harm – how to talk about it

We have had a few Parents contact us about self harm. We are in uncertain times. But no matter what's going on outside, our mental health shouldn't take a back seat. The impact of lockdown and the anxiety it causes may well make self-harm for some young people harder to control. If your child is self-harming, talking to someone is a crucial step towards recovery. Read [HERE](#) for support. We can also offer support from school too. Contact via email cp@longhillorg.uk



One young person has said, "these activities are really helpful to help make me think about me in the present moment, they are calming and generally make me feel good"