

# LHS Community well being newsletter

Longhill High School

6/19/2020

Edition 9, Volume 1



## Resilience!

School closure during Corona lockdown

This week we have welcomed back many Year 10s in a 1-2-1 meeting that they have had with a member of staff. Next week they will be starting some lessons in English, Maths and Science and will each be coming in on just one day initially while we continue this phased return to school.

Not everyone has come in.

We know some young people are anxious about the return to school, not just year 10 but all year groups. If you have been following the Positivity calendar sent in newsletter 7, dated 5<sup>th</sup> June you will know that this week we are looking at the skill of **RESILIENCE** and how important this is for our young people at this time.

What is resilience?

Watch [this video](#) to give you some more information.

The world is upside down right now due to coronavirus. Although there are now signs of tentative re-openings for trial-and-error life after quarantine, we cannot – and arguably should not – downplay the ongoing challenges and uncertainties for our children. Talking to children about the COVID-19 outbreak is an opportunity to build resiliency.

Psychologists commonly explain resilience as “how well a person can adapt to events in their lives...when faced with a tragedy, natural disaster, health concern, school or work problem etc”.

If we want our children and youth to emerge from this world emergency as more resilient, we need to understand that resilience is not the inevitable outcome

## Daily well being activities

(from Mr Grier this week)



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1) First of all get your child/ren to watch each of these clips:

<https://www.youtube.com/watch?v=cmSbXsFE3l8>

<https://www.youtube.com/watch?v=5bqjTVGnlBg>

Now the task is to create your own cup song!

When you've done this upload your video and share with your friends.

Mr Grier has a prize for the best one!

### Activity 2

Write your own family QUIZ!

Lots of families are quizzing at the moment!

Write a quiz for your household and see how well they get on...



RESILIENCE

15 List 3 things you want to do this week which will make you feel happy

16 Dance to as many songs as you can until you're tired

17 Stretch your arms and legs as far as possible

18 Take 5 deep breaths

19 Remember a time you overcame a challenge in a positive way

20 Think of 3 people who you could talk to if you were finding something difficult

21 Be thankful for the small things in life

of exposure to hardship.

After all, we probably all know people who thrive

## Resilience 4 simple tips

### 1. Strive for a consistent home environment

In particular, in this period of constant change, children and youth benefit when we structure our home environment to be organised, consistent, fair and predictable.

### 2. Focus on what's going right

Parents can also deliberately model and foster habits connected to resiliency. Positivity is an especially important factor that contributes to resilience after disasters. Positivity means having a balanced and accurate understanding of the world and making a deliberate effort to focus on things that are going right.

### 3. Model belief in your own abilities

A strong sense of self-efficacy is another important factor related to resilience. [Self-efficacy](#) refers to the belief

under difficult conditions and others who sink under the weight of adversity.

that we have in our own abilities, especially our ability to succeed when challenged. We can help young people develop a strong sense of self-efficacy for coping with the current crisis by supporting their efforts to take on new challenges and succeed. Perhaps you can encourage your child to teach their grandparents how to communicate via video chat. Or celebrate your teenager who figures out how to get pizza delivered to your house without breaking the two-metre social distancing rule.

Young people also develop a sense of self-efficacy for coping by watching you do the same. If the shortage of bread options at the grocery store motivates you to master the art of baking bread, this is a great opportunity to tackle this task. And don't worry if it turns out harder than a cement block. Children benefit from watching adults who fail but learn from their mistakes and keep on trying.

### 4. Remember to take care of yourself

So what can we do to tip the scales in favour of resilience?

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It may be most helpful to remember that children do better when their parents are doing well. Under these extraordinarily stressful conditions, it is more important than ever that we make time for our own tried-and-true mental wellness strategies, be it paying attention to nutrition, going outside every day, turning mobile phones off in the bedroom, reaching out to a friend or connecting with a mental health professional.

After all, we have all been taught on airplanes to put on our own oxygen mask first in the event of an emergency — otherwise, we are in no position to help others. And we believe we can rightly call this an emergency!

*Finally,*

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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