



# BISHOP CHALLONER CATHOLIC COLLEGE

15<sup>th</sup> January 2021

Dear Parent/Carers

## Health and wellbeing during remote education

I hope you and your families are keeping well in these challenging times.

We are very impressed with the way our students have been diligently working and the quality of work which many of them have submitted has been nothing short of outstanding. Well done. We also thank parents and carers for all the support and input they are providing to help our young people with their remote learning.

We also recognise the challenges that the disruption to normal school routines can bring and that our students are having to adapt, once again, to a very different way of learning. We are extremely mindful of the pressures you, your children and families may well be under as we all adapt to the situation we are currently in.

It is understandable that as we all encounter new situations, adults and young people alike, we may also experience unfamiliar emotions. Some people will be feeling anxious; there could be increased levels of loneliness and some people may also be having difficulty sleeping,

### Setting a routine for remote learning

It is really important that during the school day that students set up a routine which best suits them. The tips for remote learning (below) may support you in establishing an effective routine.

We also appreciate that, as teachers, we often talk about the negative impacts of too much screen time. Currently, unfortunately, due to remote learning, the amount of screen time many of our students are encountering will actually have increased. We should all seek to minimise this, where possible, and so we advise that at night time all mobile electronic devices are removed from the bedroom, to aid quality sleep.

Additionally, we are aware that, due to this lockdown, many students may have been getting up in the dark and finishing their school day in the dark and their daily access to daylight has been severely restricted.

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**Top tips for students who are learning remotely:**

- i. Get dressed.
- ii. Have breakfast.
- iii. Where possible, find yourself a quiet place to study.
- iv. Treat all your lessons as though you are in a classroom. If you do not understand the work, ask in the chat or email your teacher directly.
- v. Take the usual school breaks: leave your work space, eat a snack and make sure you drink plenty of water throughout the day.
- vi. At the end of the school day leave your work space and enjoy the rest of your evening.
- vii. Have a bedtime routine and leave all devices outside of your bedroom to ensure that you get a good night's sleep.
- viii. If you have any worries or concerns about your wellbeing please make sure that you contact a member of staff and we will make sure that support is made available for you.

**Wellbeing afternoon**

As a response to these challenges, a wellbeing afternoon is to be held on **Friday 22<sup>nd</sup> January during periods 4 and 5 from 12:10pm**. During this time there will be no live lessons and there will be no expectation for work to be completed.

We would really like to encourage students (and families, if possible) to use this time to purposely relax. They may want to go for a walk, cycle, read a book, draw, dig out that old musical instrument, bake something.

To acknowledge and celebrate the important steps our students are taking to look after their well-being, we plan to create a well-being mural on the website. So, if you want, do email in photos of your favourites books, poems, your culinary masterpieces or a nice scene from your local park or garden. Please send them to [enquiry@bishopchalloner.bham.sch.uk](mailto:enquiry@bishopchalloner.bham.sch.uk) and name them wellbeing photos

Please be reminded that support for Safeguarding and Wellbeing can be found on our website: <https://www.bishopchalloner.org.uk/catholic-college/about/safeguarding/safeguarding-and-well-being>

Yours sincerely,



Mrs M Nutt  
**Associate Principal**



Mrs E Breen  
**Vice Principal**