



Guiseley School

What day is it?

Hello to all students of Guiseley School! How are you?
My name is Miss Hayward and I am the Pastoral



Mentor of Guiseley School. I have worked with loads of students over the last 5 and a half years one to one, helping them deal with lots of different emotional issues. I must say I love my role; you all inspire me daily! Since we have now been closed for five weeks (can you believe it!?) the school and I wanted to reach out and check in with you all. I find it hard to imagine what it must be like going through this time at your age. I loved school. It gave my days structure; it was the place that I was guaranteed to see all my friends and somewhere that I could engage in my favourite subjects. For this to be taken away from me at such short notice, I'm not sure how I would have dealt with it. I most likely would have started with a big tantrum....and a great deal of sulking! You have my upmost respect at this time and I think you're all doing amazingly well. Your maturity and the way that you all handled yourselves during our last week was

outstanding. All the staff at Guiseley are incredibly proud of you.

However, now we are on week five I must say, and I need you to repeat this over and over, **it's okay not to be okay!** I will try to fit this into every weekly letter.

This is a **TOUGH** time and it's a strange time. Can you imagine someone telling you six weeks ago that everything would change, and we would be living as we are? No one would have believed it !

So without the structure and your daily routine, I hope you're all managing to find a **temporary** normal, because that's what this is... it's not forever and we will all be back at school before you know it... you don't get away from us that easily ! However right now I just wanted to say it is completely normal if you find yourself asking..." What day is it?" None of us know!



Self-Care

This is what I am going to be going on and on about for the next few weeks! Each week, I will be looking at a different way that you can all take care of yourselves during this time. I'll talk about things like sleep, getting yourselves up and moving, food, motivation, relaxation, dealing with worries, school stress and much more. I'll be reading tons of different books and finding the best tips for all of you. I've picked ones that don't take long and will hopefully make your days a lot calmer and happier. As I tell all my students who I work with, it's so important to look after **yourself!** If you can learn how to do that when you're young, stressful times will seem much easier for you when you get older, as you will have a whole toolkit of ways to handle them. Tools and routines that are suited entirely to **you!** Think of it as developing your very own first aid kit for your mind and mental health...you deserve that now more than ever.

I know every single one of you is different and there is no "right way" to be feeling right now. Most of you will be missing friends, feeling anxious, have had enough of your siblings, wish you had siblings or be feeling

restless and tired ...all at the same time **...completely normal!** There is no rulebook for how to deal with social isolation, every person out there is having bad days. You wouldn't be human otherwise!



Every home is different and unique too. You all have different living situations and every single one of you are doing brilliantly. I'll also be writing to parents and carers as I think it's very important for them to be looking after themselves too, don't you? Us adults struggle too and it's more important now than ever before for us to look after each other whilst our wonderful keyworkers go out every day to fight against this Coronavirus and they **will** win this battle. They all need our support to hang on in there whilst they're doing their amazing work.

I will say one last thing, the students of Guiseley School are the most amazing students, so until I get to say this to your face **WE'VE GOT THIS!**



Spotlight on: School Work Stress!

Every week we will be looking at a different area of worry and I'll be providing links to places that I think would be useful to you all. Now I know you're all going to roll your eyes at me over this one, but I am going to get this one in first.... your schoolwork!

Now isn't it crazy that you're all suddenly learning from home? Some of you will enjoy this challenge, some of you will run away and hide from it and a lot of you will be somewhere in between. Whatever you're feeling, this is not how school is supposed to work and we totally get that, but it is so important that you tackle your schoolwork on a regular basis.

Now I know some of you may have fallen behind, listen carefully...that is ok...you can catch up. The first thing you need to do is make a list of everything that you need to do. I asked my son to do the same and he wrote 'maths-everything'! None of us are going to find it easy suddenly tackling everything at once?!? That's just going to freak us out and make us worry even

A graphic of a spotlight shining a yellow beam of light onto the text.

more. Break each subject down for every little piece of work you have. Put a rough idea of how long you think each homework/lesson task will take you and put a box next to it ready to tick when you complete it. I don't care what you say, everyone loves ticking a box when they've completed something...it feels good. More importantly it encourages you to keep going and reduces the worry and stress in your mind which is what you really need to be doing at a time like this! So, all of you right now, paper and pen, VLE, start making that to do list ...nothing goes away just because you ignore it ...you can do this!

Make sure you click in the letters for your specific year group, so you know where to go and who to email if you're struggling. I know you can't see them, but your teachers are still there, and they want you to let them know if you're struggling. Nobody is expecting you to work everything out on your own. Everyone needs a little help sometimes.





Light In The Lockdown!

This will be the section for a little bit of sunshine in what can feel like a dark time. I'm sure most of you are feeling proud at how everyone is pulling together at the moment, not only where we live but across the whole of the UK.... the world in fact. In this uncertain time – seeing acts of human kindness and bravery can really take your breath away and, make you feel proud.

I would like to highlight **the Thursday evening clap for the NHS and all Keyworkers** at 8p.m. This is also the perfect time to feel connected with everyone on your street. I made the mistake of thinking that my village weren't participating as there are so few of us, but I was very wrong, and the noise can be heard for miles! Also, who doesn't want the excuse to shout and bang some saucepans together? it's fantastic stress relief! More importantly, it shows every NHS worker, every

key worker who gets up every day, that we're not forgetting what they're doing just because the weeks are all merging into one. As long as they're fighting to keep us safe, to care for our ill and to put themselves at risk, we will remember regularly what they are doing for us and we will clap and shout and whoop...so they know they are never out of our thoughts. Do it this Thursday and see how it feels! If you're already doing it, well done to you and your family and make sure you get louder each week!

If any of you would like to give a special shout out to someone you know who really is going the extra mile in this stressful time - maybe someone in your family ! then please drop an email to info@guiseleyschool.org.uk for the attention of Miss Hayward and I will try to get in as many as I can.