



Guiseley School

How are You?

Hello all, I've been thinking about you all this week and wondering how you're doing. Did any of you manage to get out there and do the weekly clap for the NHS workers, were you loud? I hope so. Did any of you face your fears and finally make a to-do list of your schoolwork and tackle it like an absolute academic warrior? I don't care how uncool you think it is, ticking off things on a to do list feels great! It builds our confidence as it shows us, we can get stuff done, also gives you more free time to relax and do other things you enjoy!



Self-Care

Sleep! I was wondering if any of you find yourselves going to sleep late and waking up at lunchtime? Now that's ok now and again but if it keeps happening every day, you're going to feel groggy, out of sync with everyone else and not very motivated in your days. So, the challenge this week is to get your bedtime back to normal which includes helping you get to sleep in the first place!

First thing, Your Bedroom! You may need a binbag for this exercise -go grab one! Take a quick scan around your bedroom. Does it feel nice when you walk through the door, if not, what is it that's stopping that feeling? For me, it was clutter. Remove anything that you don't need. Clear it and clean it, it honestly makes the room seem calmer. Only put things on display that make you smile. Now I understand lots of you will be sharing your

bedroom with siblings. So, for the purpose of this exercise I want you to look at your own area for now. If you get your brother or sister on board with helping sort theirs out too-even better! Open your bedroom window, even just a touch during the day, this will make your room lovely and cool for when you get into bed. Now step back and admire your work, does it feel better when you walk in now? Good that was the plan.

Drink more water, as much as you can as it will help keep you hydrated, giving you more energy, in-turn helping you resist laying in really late. Also try and curb any fizzy drinks or sugary snacks after 3 p.m., try not to be too mad at me for this it will help you I promise.

Celebrate the end of your school day! Yes, I know you're at home but do something that



makes you think, 'Yes I'm done for the day!' It could be packing your stuff away, going to get a glass of juice, check in with your parents or play your favourite music. Also take a deep breath and let your shoulders drop, it's time to relax. Start getting ready for bed 90 minutes before you need to sleep. I know this seems a long time but I've been practicing myself and it works.

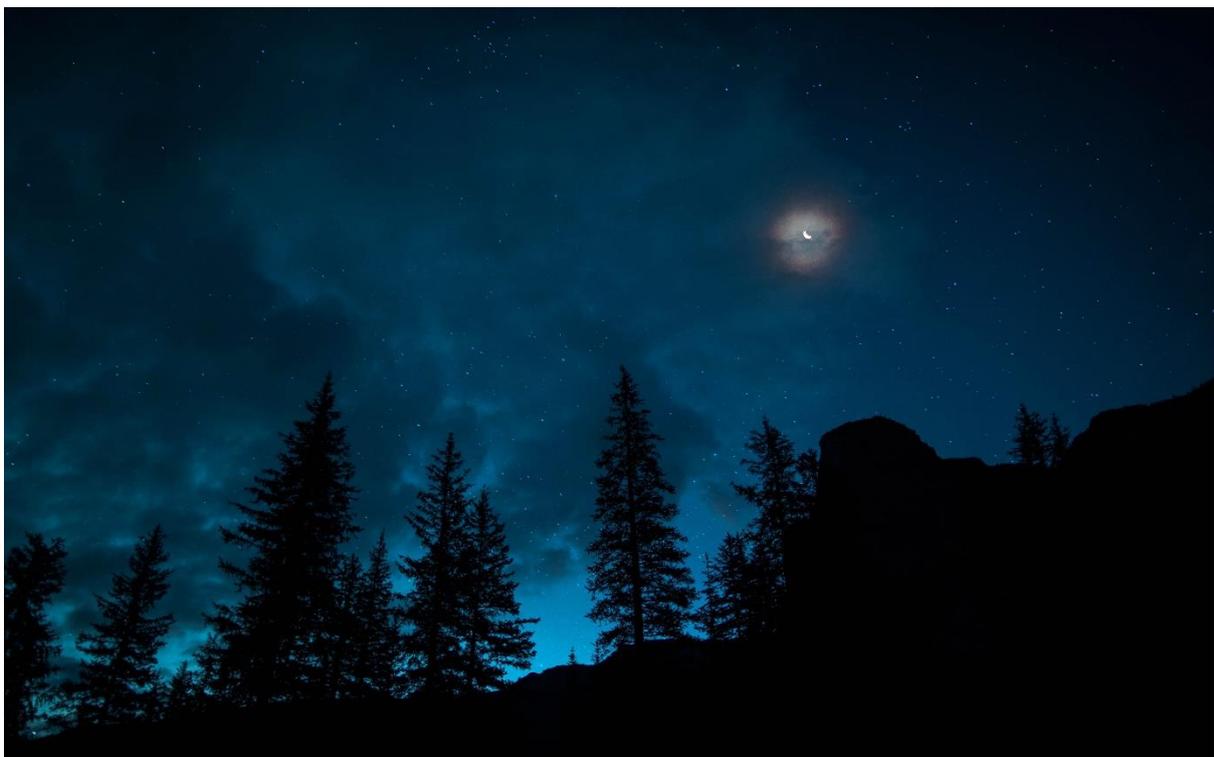
Do things to help you wind down. Make a to-do list- all the schoolwork you want to get done the next day, any jobs you've got to do in the house etc Make sure you dim the lights in your bedroom, turn a lamp on if you have one. This will help create a chilled-out atmosphere. If possible, have a bath or shower to help you wind down. Half an hour before you are due to sleep, turn your phone off or on silent. As you most likely already know screens really interfere with your sleep and you need sleep right now so be strong. Say goodnight to Instagram, sweet dreams

Facebook, see you in the morning TikTok. Read in bed if you can. Any book or magazine will be fine. It really helps to relax your mind.

If you've spent your 90 minutes working up to the time you want to go to sleep, be strong and turn the light off.

Do not put pressure on yourself to drift straight off. Tell yourself that if you don't sleep, at least your body is resting. Don't clock watch it makes it worse.

Distract your mind. If you're still struggling to drift off, play the name game. Start with the letter A in your head and go through female names. Anna, Bethany, Caroline... all the way to Z for Zoe. Then switch to male names and do exactly the same. If you find yourself needing to go again, do. It really works! I know this isn't an overnight fix, so it's something you need to keep doing and it'll get easier. I genuinely wish you all a good night's sleep. You deserve it!





Light in the lockdown!

So I'm guessing most of you have heard of the amazing Capt. Tom Moore but for those of you that haven't he is Capt. Tom Moore, the Second World War veteran who walked 100 laps of his garden before his 100th birthday to raise money for the NHS, has been hailed as a "one-man fundraising machine" by the Duke of Cambridge.



Moore, 99, completed his mission on Thursday, but the amount he has raised has continued to rise, standing at £27 million Friday evening, as his endeavours captured the attention of the nation.

Prince William, who has made a personal donation to the JustGiving fundraiser, said in a BBC video interview: "It's amazing and what I love also is that he's a 99-year-old war vet.

He's been around a long time; he knows everything and it's wonderful that everyone has been inspired by his story and his determination.

"He's a one-man fundraising machine and God knows what the final total will be. But good on him, and I hope it keeps going."

Capt. Tom has promised that he is going to carry on walking laps of his garden even though he turned 100 on Thursday 16th April. As I write this, he has passed the twenty-seven-million-pound mark, when his original intention was to raise £1000!

He has also just released a single with the singer Michael Ball singing a duet to 'you'll never walk alone'. I recently saw a news clip of Tom sharing how he had recently been in hospital and how the NHS were wonderful. He points to his medal that says "fortune favours the brave...and that's what they are... brave". We couldn't have said it any better ourselves Tom! NHS heroes... we salute you!

<https://www.justgiving.com/fundraising/tomswalkforthenhs0>



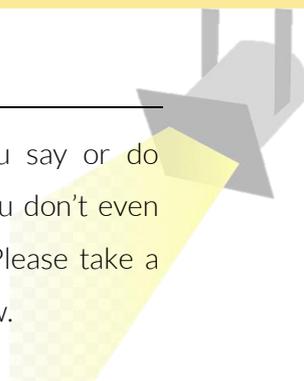


Spotlight on: Feeling Safe at Home

Every single one of you should feel safe at home. For most of you out there, you already do and that's wonderful and just how it should be. For some of you out there, sadly, you don't. For a child/young person, not to feel safe in their own home, for there to be violence, for you to feel frightened a lot of the time, this is not ok. It can be so lonely, not knowing who to talk to or how you can get help. Here are two different websites you can visit and different phone numbers you can ring for help. Looking at these websites doesn't mean you have to do anything or talk to anyone. It will however, help answer some of the questions that you may have and help some of your worries about what's happening. Here are two of the best ones I have found for any of you out there that need it.

Childline- Now ringing ChildLine may seem too much, you might not think your situation is bad enough but I want you to know that ChildLine is there to talk about anything, that's right anything. You can visit the website see what kind of services they offer, speak to someone online or on the phone. I have put a link up below of a three-minute video showing just what you can use ChildLine for as I think it may help you see how friendly it is:

<https://youtu.be/fCA6EhBhiC8>



No one is going to make you say or do anything you don't want to; you don't even have to give your real name. Please take a look by clicking on the link below.

<https://www.childline.org.uk/>

The hideout is the next website I am highlighting. It's aimed at young people who are witnessing domestic abuse in their home. There is a quiz on the home page to help you understand whether things are ok or not ok at home. Its ok to be confused:

<https://thehideout.org.uk/young-people/home/>

I hope any of you out there who are feeling frightened have a look at some of these websites and feel supported. None of you should be suffering on your own. I know you can't see the school anymore, but we're all still here and want to make sure you're safe whilst your spending so much time away from us.