



# Guiseley School

## How are You?

---

Hello to you all and I hope you had a lovely half term. Its crazy to think that we're almost halfway through the year, I think 2020 is one we most certainly will never forget and most likely the one that we've had to become the strongest we've ever been. I am splitting this week's self-care section of 'how we feel' into two parts as there's a lot to talk about. I hope you all get something from this and also, I hope make looking after yourselves your number one job during this time.



## Self-Care- How was your day?

---

My aim for this week is to ask for each of you to stop and consider for a moment how you're feeling each day. In my job role at the school , if I had a pound for everytime one of you guys said "I'm fine" or "I'm ok", I would be extremely rich right now. Yet despite some of the really tough , really hard times I have worked with students in , these two phrases are used all the time . If there was ever a time to admit that some days , you are not fine...then this is that time.

**Checking in** - At the end of each day try and think back how you've felt since you woke up. Whether you've felt low, anxious, upset, flat or the other side of the scale; relaxed, happy, joyful, full of energy and genuinely had a great day. If you're left feeling low at the end of the day, try and take a moment to consider why. Has anything specific happened to trigger

your low mood? If you had a good day the day before this , what has been different about today? The exact same questions apply even if the day has left you feeling great. What made it so good? What have you done for yourself to make you feel good that perhaps you haven't done on other days?

**Outside reasons** - Some bad days are triggered by things that have suddenly happened. Whether that be suddenly remembering some schoolwork you didn't realise you had to do, a fallout with friend and often watching the news can make our mood go down. Sometimes we can't stop what happens in our outside world and we can't always control it but we can control how we react to it which I will discuss more next week.



**Internal Reasons** - Sometimes we don't have enough energy to get through the day. Sometimes we wake up and just feel like today is going to be a bad day and that feeling will often come true. On other days we just feel ...flat. No real reason you can think of, but trying to get through the day feels like walking through treacle and bedtime can't come soon enough.

**What can we do** - Try and think whether this is an outside world issue or an issue within yourself or even a mixture of both? The important factor here is that you give yourself the time to play detective with your feelings and figure it out. I'll use myself as an example, I found myself one evening feeling really flat. There was no new outside world reason for it, nothing new had come onto the news for example and there had been no arguments or disagreements at home, I just felt flat. I forced myself and I mean really forced myself to try and think of anything that could have added to it. I thought back on the days before and realised due to the weather not being wonderful, I had only gone on two long walks that week. Also I stopped doing yoga in the mornings because I'd hurt my shoulder and suddenly ten days had past and I hadn't gone back to it. I very much doubted that this could be the reason for feeling so flat but I promised myself to stick to what I say to all of you lovely students and make it my number one thing to do the next day. The next morning I did just that. I did my

yoga before I could talk myself out of it and then bundled the toddler into his pram and walked for over an hour and a half. By the time I had lunch I felt I'd achieved so much already that it gave me a huge push to begin my afternoon of working with more energy than I've had in over a week.

**Little things make a big difference** - Check your daily routine out like I did and anything that you've noticed you've been skipping, make it number one on your to do list immediately.

**Things have changed** -In terms of outside world factors, it's hard to ignore that our worlds have been turned upside down the last few months and this naturally causes a build up of feelings. We know people who have lost loved ones and feel like we don't have anything to complain about but by looking after ourselves, we help to build our resilience in this time where everything is changing. It's more than understandable for you to be suffering from a feeling of sadness and frustration at what you thought this year was going to bring. Holidays, birthday celebrations, family get togethers, friend's parties etc If your mood has lowered because of this then tell yourself it's ok to feel this way. Talk to your parents and carers about it and see what ideas you can come up with to help. Next week I'll be looking at what we can do if we're always feeling down and what support is out there for you. You're not alone



## Light in the lockdown!

---

For this week's light in the lockdown, I thought I would give you all an update on the amazing work Mrs Frow and the team are doing with their PPE distribution. They have now grown even more and are giving out hand cream to all the places they have been donating their PPE materials to. Avon Cosmetics have been the provider of these and it's the little things like this that makes all the difference. Key workers and medical staff can end up having to wash their hands over half a dozen times an hour, leaving them cracked and sore-this little act of kindness has been gratefully received. Mrs Frow and her team are now also providing Vision Express with their materials as they are undertaking emergency eye tests and were in desperate need of the right protective equipment.

What I really wanted to share this week is that this hasn't just been a community effort, this has also been a whole family effort. Mrs Frow has two children; Alice ,11 and Will ,10 and they have very much been part of the

production assembly. Alice is very well organised so has was able to ensure that the parts that were laid out were ready for assembly and remove any unwanted plastic attached to the headband part of the visors. Will has a strong interest in anything related to construction so was happy to learn how the parts work and snap the key component parts together. This family at times have been producing some weeks 200-300 visors over a couple of days...from their dining room! With both children giving up their time to be able to make this operation work, I thought they deserved their very own mention this week. So, Will and Alice, you are kind, giving,



compassionate and extremely selfless and we thank you for all you are doing!



## Spotlight on: Bereavement

---

It can be a difficult time when you lose someone – you may feel angry, frightened, confused, scared, shocked, anxious, a combination of all of these, or none of them at all. However, you are feeling is perfectly normal when you have lost someone. I wanted to reach out to you and let you know that if you would like to talk to me about how you're feeling then I am here, to listen to you and support you.

The grief you're feeling may be around someone you yourself have been very close to or someone your family has been close to. Whatever the circumstances, this can be a very hard time and some of what you are feeling will be completely new to you. It is ok to feel like that, and it's ok if you feel like you don't know what to say, or how to act, or how to feel.

I'm highlighting this week a few organisations that you can check out when and if you want to which will hopefully make you feel less alone and help you work through these feelings.

The first one is an organisation called Hope Again. This is a sister charity to Cruse who wanted you guys to have a special website for yourselves. There is lots of help and support for children and young people who have lost someone they were very close to:

<https://www.hopeagain.org.uk/hope-again-about-us>

The next is Child Bereavement UK. I have set the link up so it takes you directly to support after losing someone to Covid-19. It offers all sorts of great practical support and has some fantastic cards you can print out and complete which can help with what you are going through. There is also a card you can print off and give to your parents with suggestions and ideas to how best your parents and carers can look after you without you having to speak to them about it if you feel overwhelmed:

<http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx>

There are lots more organisations out there but these two are a really good place to start. If you would like to be able to email me about what you're feeling then please contact your pastoral team and they will put you in touch with me and we can talk over email about everything you're feeling.

Also check out our school's wellbeing and support tab for more places out there.

The school are here to support you and help find what works best for you.

