



Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life in lockdown and may give you a focus for half term. You can find further details here:

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

You can also find current lockdown adaptations here:

<https://guideposts.org.uk/wellbeing/covid-19/5-ways-to-wellbeing-from-home/>

Be Active

Remaining physically active plays such a big part in maintaining good mental health as well as a physically healthy body. Why not get involved in our **Road to Tokyo challenge**, where you can walk, jog or run to accumulate miles for your Year team. Every student has been invited to a special classroom where they can get involved and upload their miles.

There is also a Physical Education button on the calcium page where you can find many workouts to keep you active at home alongside wellbeing advice and tips including some great meditation tutorials. You can also follow the PE department twitter account, Poole High Sport @poolehighsport where the team will be posting daily workout challenges to keep you busy.

Please do remember to stay local, avoid running alone, and always tell someone where you are going.

Be Creative

Express Yourself was the theme of last week's **Children's Mental Health Week** that encouraged young people to use a variety of creative means to express themselves and celebrate who they are as a person. *Students are to use the classrooms to let the school know what they are most looking forward to when they return.* All students have been invited to special classrooms that allow them to upload and share their replies to the school, through writing a postcard, a song, dance or a drawing, we look forward to celebrating the work. The google classrooms will run over half term to allow students to use this time to reflect.

Found this - advice for parents to support their child during Covid, maybe for the website?

<https://www.familylives.org.uk/advice/teenagers/health-wellbeing/supporting-your-teens-mental-health-during-the-covid-19-outbreak/>

Staying in Touch

Isolation is tough for everyone, especially for people living on their own or with small families. Over half term, try to think about your friends and family that may need a check in. Do you have a relative that lives on their own, or a friend that does not have any siblings or may just live with one parent. A phone call or message to ask how they are doing can brighten someone's day. There are many different ways we can keep in touch, some are suggested in this link: <https://youngminds.org.uk/blog/how-to-stay-connected-during-lockdown/>

Mental Health Links

Use the down time in half term to ensure that your child gets some self-care. Every Mind Matters provides some excellent videos and resources to help with worrying, negative thoughts and self-care on social media and sleep.

<https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

Meditation is a skill and experience that can positively impact your overall health and happiness. Headspace is an excellent website that provides a variety of mindfulness techniques that are child and user friendly.

<https://www.headspace.com/covid-19>

If your child is feeling anxious, there are some excellent resources here

<https://www.nhs.uk/oneyou/every-mind-matters/anxiety/>

Place2Be also offers support and ideas for families at home this half term.

<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/>

In an emergency or crisis

Young Minds

<https://youngminds.org.uk/find-help/get-urgent-help/#are-you-a-young-person-in-crisis?>

Childline

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

Samaritans Free phone 116 123 (even free from mobiles without credit)

<https://www.samaritans.org/>

SHOUT text 'SHOUT' to 85258 for 24/7 crisis text support

Papyrus (Hopeline) – for preventing Young Suicide 0800 068 41 41 or Text: 07786209697

<https://www.papyrus-uk.org/>