
**It's okay to worry about
coronavirus**

Attending school during lockdown...



As we enter another national lockdown, we understand that you may have lots of different questions:

If the shops are closed,
why are the schools still
open?

Why is it important for
me to attend school
during lockdown?

How will attending
school benefit my
mental health?

Benefits of attending school

It is important that all young people attend school throughout this period.

Let's remind ourselves why:



Receive full
academic support
from your teachers

The risk of young
people becoming
severely ill from
COVID-19 is very low

School staff can
support with any
worries or anxieties

Maintain good
routines
throughout the
week

Important to maintain
face to face social
interaction and spend
time with friends

Risks of staying at home

Although home may feel like the safest place at the moment, there are risks associated with avoiding school:

Taking days off school makes it more overwhelming to return again

Missing out on learning leads to an increased workload when returning



Changes in routine disrupt sleeping patterns

A lack of social interaction can leave you feeling isolated and negatively impact your mental health

... but what if I am feeling uneasy about coronavirus within school?



Accept that you are feeling anxious

Don't ignore it, fight it, reject it or be afraid of it. Don't judge yourself for feeling it. Give yourself permission to be human. It's normal to feel worried about the current situation.

Communicate

Share your concerns with others you trust - this may be a friend, a family member or a trusted adult.

You will likely find that many others are experiencing similar feelings - you are not alone.

... but what if I am feeling uneasy about coronavirus within school?

Do your bit

Try to focus on the things you can control, such as how you keep yourself and others safe:

- ★ Wear your mask
- ★ Wash and sanitise your hands regularly
- ★ Maintain social distancing
- ★ Follow the new government guidelines



... but what if I am feeling uneasy about coronavirus within school?

Keep it in perspective

- Don't get sucked into the news - yes it is helpful to know what is going on but remember that news can be **amplified**
- Find a credible source you can trust such as Gov.uk or the NHS website and stick to the facts
- Try not to focus on what *might* happen later on - it's easy to get carried away with 'what ifs'
- Focusing on the present, rather than worrying about the future can help with difficult emotions



What if I have to self-isolate?

If you are asked to self-isolate over this period - no need to panic. You can still continue your learning either online or with a paper pack sent to you from school. Here are some tips to ensure your remote learning goes smoothly and you are ready to return once your isolation period is over:

Stick to a regular routine

Waking up and going to bed at the same time as you would when physically attending school will make it much easier for you once you return.

Keep up with your work

Whether this is online or with a paper pack sent from school, make sure you continue your learning as if it were an ordinary school day. This will eliminate the risk of falling behind.

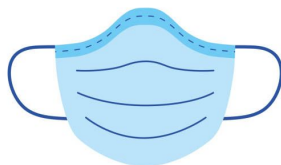
What if I have to self-isolate?

Keep in contact

If you have any questions or worries do not hesitate to contact school whilst you are isolating. Send an email to your form tutor or request a call back from your Head of Year or the Attendance Team.

Be ready to return

Make sure you know the date you are due to return to school and get everything ready the night before.



What else might help?

<https://www.kooth.com/>

Visit kooth.com anonymously to talk through worries and anxieties related to COVID-19. This is a free service where you can speak to qualified counsellors and access useful resources.

On Kooth you can



Chat to our friendly
counsellors



Read articles
written by young
people



Get support from
the Kooth
community



Write in a daily
journal

What else might help?

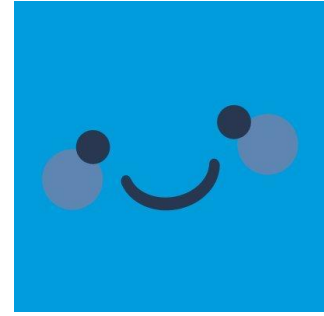
There are lots of useful apps you can use if you are feeling worried or anxious. From guided mindfulness meditations to breathing techniques, there is lots to try for free!



My Life



Calm



My Possible
Self



**KEEP
CALM
AND
CARRY
ON**

