



Advice for Students and families during the Corona Virus from Mrs Wardle, Wellbeing at Cavendish School.

We all recognise that this is a very difficult time and all the uncertainty can be overwhelming. We are aware that the pressures mounting from the current situation we find ourselves in can have an impact on the wellbeing of our students, their families and friends and we want to be able to provide some advice and helpful resources to support in this.

For so many of our students, school represents a safe space, a place to be themselves and offers structure and security in their daily lives. Whilst we understand that at the moment access to the physical space has been removed for the majority of our students, we want to continue to provide support wherever possible.

We want to encourage all of our students to maintain contact with staff remotely who can offer support via email or google classrooms. We also would like you to maintain positive relationships with family and talk whenever you feel you need to. Keep in touch with friends to maintain your social activity, just as you would during playtimes at school. It is important to try and maintain the structure of a normal school day where possible. Structure your day with lesson times and breaks and “hangout times” with friends and or family. This structure will help to maintain a sense of routine and purpose and try and remind yourselves about what you enjoy about your learning and expand on that.

Advice from outside Agencies;

There is a lot of information online to help support wellbeing and mental health at this time, here are some particularly helpful websites with information for young people;

[Charity Young Minds have put together an advice page focussed primarily on Anxiety](#)

[Mental Health Charity MIND have put together a comprehensive advice page](#)

[Open for Parents is a Council based organisation that has worked closely with young people in the community to provide vital support for young people and their families.](#)

[The Mental Health Foundation and Public Health England have worked closely to provide information on who to contact should you need advice](#)

[The Key has created a safeguarding hub for parents to access information about setting up parental controls on devices for apps like TikTok, Instagram, you tube etc](#)

At the core of advice around wellbeing at this time, is to ensure that you maintain connections with others, develop a routine that works for you, avoid speculation and consider carefully any news sources you engage with and negotiate your engagement with social media very carefully as this can sometimes do more harm than good.

Here are some ideas that can have a positive impact of wellbeing;

- Listening to music
- Friendships and socialising (this is difficult at the moment)
- Good quality sleep
- Watching films or TV
- Managing work well
- Personal grooming, look after yourself by keeping clean and getting out of your PJ's.



We encourage all of our students to consider the following as you develop your routines and try to adapt to remote learning:

- If you are able to, make playlists for different moods or times of the day.
- Ensure that you are finding alternative ways to stay in touch with your friends and share experiences while still maintaining rules about social distancing.
- It is important to keep routines as normal as possible, your sleep habits are vital. So try to go to bed and wake up at similar times and try and stick to your school routine as much as possible.
- Give yourself time to unwind and get distracted with games or a fun film.
- Please don't forget the pride and satisfaction of completing your work tasks and managing your work and responsibilities well.
- Be careful about the amount of time you spend on screens. Try and do something different every day.
- Keep your fitness routine going, try and do some exercise every day, vary what you do to keep it fun.
- Be aware of how you are feeling and ensure that you accept your feelings and share them to make them manageable.

Sometimes this will be difficult and you may not be able to fulfil these over the next few weeks / months but we do encourage all of our students to try and engage with at least one of these every day where possible. Try and maintain good levels of happiness, here is a short you tube video to help you navigate this difficult time and maintain your happiness click [HERE](#) to watch it. If you are wanting to explore mindfulness and relaxation to help you through this pandemic then click [HERE](#) to watch a helpful you tube video about navigating this pandemic and being mindful and offering helpful relaxation techniques.

We hope that you find the above information helpful and that you can try and include some of it in your daily routines moving forward. We will continue to share information as this situation continues and we encourage all our students to stay in touch, ask questions and share any concerns you may have. We have set up an email address for you to contact us should you need to talk about food, socialising outside of the lockdown restrictions, worries about mental health and wellbeing anything at all that is worrying during this uncertain time. The email is confidential and will be monitored by Mrs Wardle and Mr Cooley-Greene, the address is wellbeing@cavendish.e-sussex.sch.uk

wellbeing

