

# QEHS

## Pastoral Newsletter



### Issue One: Friday 01 May 2020

During these strange and different times, we in pastoral have decided to set up this weekly newsletter just to highlight a few things and keep you all up to date.

Every week we will try to give you some suggestions of resources and things to be aware of to support your mental health and wellbeing – these are just as important as the academic stuff!

We hope that you are all adapting to the way life is at the moment and managing to find some balance when you are at home. Remember it's new for your parents/carers too so try to be understanding!

### Weekly Challenge

**A little challenge from us to you each week, post your responses on social media with the hashtag #qehsweeklychallenge**

Week One – Random Act of Kindness

Do something kind for someone in your household, or a stranger (at a safe social distance).

For example...bake a cake and leave it on a neighbour's doorstep, make a cup of tea for someone without them asking.

Take a photo if you can!

#qehsweeklychallenge

### Online Safety

Keeping you up to date on how to stay safe online

Working in partnership with Northumbria Police we would like to bring to your attention the 'ThinkYouKNOW' education program from the NCA-CEOP. This is a UK organisation which protects children both online and offline.

In the current climate, with children spending increasing amounts of time online during home schooling, Northumbria Police would like to highlight this program on online safety which we believe you will find useful for protecting your children if included as part of their home learning package.

There are resources on the website targeted at different age groups. It will hopefully help keep students safe.

<https://www.thinkuknow.co.uk/>

More online safety links can be found on the school website <https://www.qehs.net/index.php/online-safety/>

### Positive picture of the week

Email your suggestions to [pastoraladmin@qehs.net](mailto:pastoraladmin@qehs.net)

Capt. Tom Moore is a war veteran who has raised millions of pounds for the NHS. This week is his 100<sup>th</sup> birthday and it has been marked by thousands of people sending him birthday cards – here they are in the hall at his grandson's school.



## Pastoral Snapshot

### An insight into lock down life from someone in our team

Obviously, this whole lockdown thing is really weird for all of us. I'm finding that if I just pretend it's the six-week summer holidays then it will fly by and I'll be back to getting up at 6am to grace the doors of QEHS again sooner than I know it.

I start every weekday morning doing PE with Joe Wicks. It's good fun but really hard (since I haven't done any exercise since November). I feel I need to do it though as I am snacking loads more since I'm at home! We're on a rota so I have been in school to work some days but mostly I am at home. In between emails and phone calls to some of you lovely students and parents, I am juggling working from home and home schooling my 4-year-old son - easier said than done when all he wants to do is play all day! I also try and go for a walk most days for fresh air and change of scenery. I always feel better for it afterwards.

I have been trying to keep in touch with family and friends via video chats but these always end up in me putting filters and effects on or playing the games- I mean, why not?

The good thing about having more time at home is that I have been able to do more reading and have had time to reflect on what's important - my family and friends are healthy and safe. I have also used the time to make loads of plans of places to visit and things to do once this is over.

Take care everyone and remember to keep in touch, we're only an email away. This is a very strange time but we're all in this together. It's ok if you are not coping as well as you think you should be, just make sure you access help and support. That's what it's there for

Jen Ballantyne (Pastoral Mentor)

## Wellbeing

### How to look after your mental health

During this time, it is very normal to go through many emotions. From talking to students and parents, people are now saying that it is getting harder to find the motivation to stay busy, complete tasks or just get up before lunch! Here is a link that offers advice on how you might be able to tackle this. Don't put too much pressure on yourself to achieve massive goals, be realistic and this way you can realistically achieve something each day. Take a look!

<https://www.bbc.co.uk/bitesize/articles/zvyhpg8>

If it's more than a lack of motivation that you are struggling with, please don't deal with this alone. Support is still available whether that be from your friends, family, school or online. There are many people who want to help and who are willing to listen. The pastoral team is still working, so if you want a chat or someone to offload to, email your Pastoral leader and they will arrange for one of us to give you a call. If you would prefer someone you don't know here is a link to online counselling and support service.

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

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

## Safeguarding

### How to report something about you or someone you know

There are a number of ways you can get help:

- If you need to report an urgent concern, speak to Northumberland's One Call service on 01670 536400 or call the police.
- During the school day you can call the school on 01434 610300
- Email us at [Safeguarding@qehs.net](mailto:Safeguarding@qehs.net)
- Report online incidents using the report button on the social media website or app.