

QEHS

Pastoral Newsletter



Issue Two: Friday 08 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!

Remember you can always contact us: Pastoral@qehs.net

Weekly Challenge

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

Week Two – Get Outdoors

While the weather is so lovely (although it is supposed to get a bit colder this weekend!) why not try and get outdoors even just for a short time every day for a week?

For example...go for a run, walk the dog, read a book in the garden, do some gardening! Get creative – and stay safe!

Take a photo if you can!

#qehsweeklychallenge

Online Safety

Keeping you up to date on how to stay safe online

CEOP Think you know

The CEOP Education Team have put together some 'Online Safety At Home' resources to get young people thinking about how lockdown is affecting their online lives. Each fortnight, they are releasing a new activity pack with simple 15 minute activities you can do at home to support your online safety.

https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/14-plus/?utm_source=Thinkuknow&utm_campaign=f4fd0dd4ee-TUK_ONLINE_SAFETY_AT_HOME_05_05_20&utm_medium=email&utm_term=0_0b54505554-f4fd0dd4ee-64737581

More online safety resources can be found on the online safety page of the school website.

<https://www.qehs.net/index.php/online-safety/>

Positive picture of the week

Email your suggestions to pastoral@qehs.net

Today marks the 75th anniversary of Victory in Europe at the end of WW2. Whilst most of the celebrations organized can't go ahead due to social distancing, lots of people are finding their own way to mark the occasion; putting banners and flags up in their gardens/outside their houses. Take a moment today to remember all those brave soldiers who fought in WW2 so that we could live peacefully in 2020.



Pastoral Snapshot

An insight into lock down life from someone in our team

Lockdown life in our household has been challenging, dealing with home-schooling, work and our menagerie of animals. At Easter we welcomed new lambs and chicks on our smallholding – new life always brings a feeling of hope. Our 5-month-old puppy also keeps us on our toes with lots of collateral damage (shoes, mainly).

Not being able to visit friends and family in person has been hard, but we've found new ways to keep in touch, using Zoom and Skype to play bingo and hold quiz nights with family or groups of friends, taking turns each week to write the questions. For older relatives who don't have access to the internet and the tech that we take for granted, we've been keeping in touch with regular phone calls. But sometimes it's difficult to know what to talk about when not much is happening in our immediate world! My 3 children have given them weekly 'concerts' playing their musical instruments, the drums being a particular highlight – ear plugs, anyone? We've also educated them with 1001 'hilarious' true facts and asked them to think of some good quiz questions!

I'm finding sticking to a regular routine definitely helps to structure my day and give me a sense of purpose – getting up at the same time each day, eating at the correct times, getting a good night's sleep. It all helps.

As challenging as this period must be for you too, we're all learning to adapt to different situations and think more creatively to come up with solutions to all sorts of things, which are brilliant skills to take forward, showing that we can deal with whatever life throws our way.

Please remember that the pastoral team are still thinking of you all and are at the end of the phone or available to answer emails to support you in any way we can and we look forward to being able to see you all in person when circumstances allow. Until then, stay home, stay well and be kind to each other.

Lorna Beech

Pastoral Reception

Wellbeing

Corona Virus and your Wellbeing

Some of you may find that you are feeling overwhelmed, sad or confused about the outbreak of coronavirus and feel worried about yourself, or your family and friends.

This is completely normal and you will definitely not be the only one in that position!

Sometimes, understanding something better can be a great way to help you process a situation better and deal with some of those worries.

The following website has some great information, clearly explained about Coronavirus, including clear definitions of lots of terms which you may be hearing in the news at the moment:

<https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing/>

The page also has great links to lots of other places where you can access support.

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
- Report online incidents using the report button on the social media website or app.