

QEHS

Pastoral Newsletter



Issue Three: Friday 15 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 Three – Bake Off

We have heard that lots of you are busy baking during this lockdown period and we would love to see some of your creations! Why not arrange a virtual bake off with some of your friends? Choose a common thing to bake, take photos and upload to social media!

Or maybe if you haven't been baking yet; give it a try this week!

Remember to upload if you can and use our hashtag – staff are welcome to take part too!
#qehsweeklychallenge

Online Safety

Keeping you up to date on how to stay safe online

During Lockdown, it is likely that lots of you are spending more time online than ever. In light of this, it is important to remember everything you have been taught about staying safe online.

The number one thing to remember, if anything is worrying you online or on your phone, is to tell a trusted adult (a parent/carer or email a teacher). Don't be afraid or embarrassed, just tell someone straight away.

Here are a few of the most important things to keep in mind and help you stay safe when you use the Internet and mobile phone:

1. Don't post any personal information online – like your address, email address or mobile number
2. Set your social media accounts to private to protect you and the school community - www.internetmatters.org/parental-controls/social-media/
3. Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online people can see it and download it, it's not just yours anymore
4. Never give out your passwords
5. Don't befriend people you don't know
6. Don't accept friend or follow requests from people you don't know
7. Remember that not everyone online is who they say they are
8. Think carefully about what you say before you post something online
9. Respect other people's views, even if you don't agree with someone else's views, it doesn't mean you need to be rude
10. If you see something online that makes you feel uncomfortable, unsafe or worried; leave the website, and tell a trusted adult immediately

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

www.qehs.net/index.php/online-safety/

Pastoral Snapshot

An insight into lock down life from someone in our team

Lockdown started on a difficult note for me. My first challenge during this time came when my mother was rushed to hospital first day of lockdown. I am thankful for the care she received in what is clearly a difficult time for the staff in the NHS and am pleased to report she is recovering well.

The other event of note for me happened just before the restrictions were put in place, I moved to a new house. This was fine although it presented itself with its own issues not relating to moving or the house itself – it was to do with my cats!

I know what you're thinking, look at them, aren't they lovely...but you're wrong!

I appreciate that moving is unsettling for people and animals but my two took it to new levels. During the first few weeks, I think I had no more than 2 hours sleep each night. When they were locked away for the night, they cried all night. When they were allowed free run of the house, that's exactly what they did, RUN!! Just watch any Tom and Jerry cartoon for an idea of what happened there!

As a pastoral team we are in regular contact with each other, I happened to mention my predicament to them. Helpfully they came back with two suggestions; buy a lead to take them out for a walk to tire them out, or make sure they got some fresh air - buy a small pram and take them out in that (Thanks to Mrs Curry for that one)!

Happy ending to the story, it turns out Pets at Home, sell a wonderful plug which calms them down, and unbelievably Argos sell an even better nightlight



for the one who is scared of the dark, who knew that?! Thankfully they now sleep soundly and so do I!

During the time in lockdown I have come to realise that we take a lot of little things for granted. One of which is a haircut. So this week I decided it time to learn a new skill. In my mind it worked quite well and I have gone from one extreme to another:

Before:



After:



I have been in contact with several of my friends during this time, we are all 40 this year and had made plans to do a variety of things. This is on hold, but it doesn't stop us talking and making plans for when we are next able to see each other. I have found that useful in helping me to keep connected to the things I know in these strange times; you all must try to do the same thing. With technology as it is there are a whole host of things you can do to keep in touch even if it's just to have a 5-minute conversation; it may mean an awful lot to someone that you have taken the time to do that.

Please remember that should you need anything at all, you can contact us through email or by phone and we will do what we can to help you.

Take Care everyone

Mr Vasey

Pastoral Leader – Year 11

Wellbeing

When the going gets tough...keep going!

The current situation we all find ourselves in is certainly a challenge for each of us. We have been thrown into a new way of living and working without any real choice and this has tested our levels of resilience.

Resilience means that people are able to keep going even if they find themselves in a difficult situation, by finding ways to solve problems or adapting to fit the new situation.

Being resilient means:

- Being able to adapt to changes
- Being able to cope and keep going
- Being able to and support others to do the same through kindness

One way to consider resilience is to talk about what you need in order to be resilient. The New Zealand Red Cross believe there are four things you need to be resilient that they call 'the pillars of resilience':

1. You need connections with other people who can help and support you
2. You need some stability, like support from friends and family and certain things you do regularly
3. You need resources like food and shelter, and access to medical care
4. You need the ability to be adaptable and flexible

Now think about your own resilience, do you have things from the four pillars in place? If not, what could you do to ensure you have what you need to be resilient?

Think about the different challenges you have overcome in everyday life so far. How did you overcome them, keep going and looking after yourself?

We all have good days and bad days when it can feel hard to be resilient and keep going – but remember **YOU CAN DO IT!**

Positive picture of the week

Email your suggestions to pastoral@qehs.net

Although lots of aspects of lockdown are very difficult, some people are finding the isolation brings out their creativity. Banksy has created this new



mural, which appeared at Southampton Hospital a few days ago and will be auctioned in the autumn to raise money for NHS charities. We love the idea that one positive outcome of this crisis may be that we start to value our caregivers and keyworkers more and give

them the heroic status they deserve. We have also noticed plenty of brilliant artwork displayed in windows around Hexham, and other towns and villages. Lots of it celebrating the NHS. If you would like to have a go you can find posters to colour / inspire her www.nhsmillion.co.uk/nhs-posters.

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 610600
- Email us at Safeguarding@qehs.net
- Report online incidents using the report button on the social media website or app.