

# QEHS

## Pastoral Newsletter



### Issue Four: Friday 22 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](mailto: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 – 5k in a week

Next week is half term so we are encouraging people to get outside and get moving if they can. We would like to challenge you to complete 5km over the course of the entire week, this could be on foot, on a bike, round your garden – get creative! Take photos if you can.

For some of you 5k might be too easy – why not challenge yourself to do as many kilometers as you can over the 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 lock down, lots of you are using social media to stay in touch with each other which is great; just be mindful and stay safe online! Here are a few simple suggestion to help you do that.

- 1) Set your profiles to private – don't let just anyone 'friend' or 'follow' you online
- 2) Remember anything you post can be shared – always think before you post!
- 3) Recognise the fakes – not everyone online is who they say they are, make sure you are careful about who you are communicating with and know who they are!
- 4) Spring clean your contacts – once you have connected with someone online it doesn't have to be permanent, regularly check through and clean up your contacts, especially those who spread negative content and make you feel bad about yourself
- 5) Block anyone who bothers you – social media sites offer the facility to block users if you are troubled by their content or actions. Don't be afraid to make use of this and block anyone you do not wish to have contact with.

## **Pastoral Snapshot**

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

Lockdown has definitely had its highs and lows. When school initially closed I had a lot of plans to have a timetable on my day; exercise, eat well, help the kids with home schooling, work from home, decorate, garden and get organised.

It all started well on the first day; walked the dog, had a good breakfast, got the kids up and started on home-schooling, completed a session of Joe Wicks and got started on my work all before lunch!! However, by the end of the week when I could barely walk because of not doing exercise for so long and both kids needing me at the same time, along with work, I felt overwhelmed!

I realised that I would maybe need to be more realistic about what I could do without feeling like I wasn't doing anything well. I took a step back and decided to do things in smaller chunks, prioritising and then doing things a bit at a time. This has definitely helped me feeling more in control and after speaking to friends and colleagues, you realise that everyone is going through the same.

I have quite enjoyed doing some of the school work. Life is normally so busy, and this time has enabled me to spend some time with the kids and they have taught me things that I had forgotten- obviously it was quite a long time ago that I was at school!

Mr Vasey is not the only one being a home hairdresser, my son was in desperate need to have his 'skin fade' refreshed... however I realise that this is not something that I will be swapping for my day job and I'm pretty sure he won't be getting me to do it again! He has been wearing a hat since, whoops!

During this time as well, my Mum has been in hospital. She is on a long term medical plan that really impacts on her immune system and so we have been staying in touch with her through video calls. My Mum has an amazing knowledge of plants and I really don't so she has been virtually gardening with me. It's been lovely to spend that time with her and also learn a bit from her.

Fortunately, now she is out of hospital and although she is totally isolated at home she isn't alone in a hospital room and is with my Dad happily bossing him about!

We still aren't sure how long this will all go on for, but if we continue to look out for one another and stay in touch we will get through it. Please remember that the Pastoral Team are all still around for you. We can call, text or email so please don't hesitate to contact us.

We are all looking forward to seeing you again soon.

Helena Swarbrook - **Attendance Support Officer**

## Wellbeing

### Managing our thoughts

Lockdown has meant our lifestyles have vastly changed over the last few months and has given us all more time to think and reflect. On the one hand this has been a welcome break from the fast pace of day to day life and has let us refocus on what is important. However so much has happened and the never-ending news feeds can sometimes mean we fall into the trap of over thinking. Two strategies that are useful to help us manage our thoughts include the 'helicopter view' and 'It is as it is'.

### See the bigger picture

We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture ('the helicopter view')



What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this?  
How important is it, or will it be in a year's time? What can I do right now that will help most?

### Accepting: 'It is as it is'

We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle.

Some situations we just can't change. We can surf those waves rather than try to stop them.

Allow those thoughts and sensations just to be – they will pass.



## Positive picture of the week

Email your suggestions to [pastoral@gehs.net](mailto:pastoral@gehs.net)



Keen young violin players, Arun and Priya, have been cheering up care home residents by putting on virtual concerts for them. This week was the turn of Dene Grange Care Home in Hexham.

Arun and Priya are raising money through their Justgiving site to donate to the Care Workers charity. So far they have raised £380. Their mum is a key worker helping to conduct Covid-19 swab tests for community carers and NHS staff.

## 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@gehs.net](mailto:Safeguarding@gehs.net)
- Report online incidents using the report button on the social media website or app.