

QEHS

Pastoral Newsletter



Issue Six: Friday 12 June 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 Five – Music Making

It is said that the best of art comes at the most difficult times. Looks like the saying has not been wrong especially in the times of coronavirus.

With almost everyone stranded in a lockdown, no one is able to access any form of recreation like watching films in a hall, attending concerts etc. To keep themselves and those around entertained, many people have started singing, writing, composing music all by themselves with the resources that are available at home.

While there are a lot of original compositions and funny videos floating about on the internet, the ones that have made a parody of some classic songs in lieu of the novel coronavirus have gone most viral on the internet.

Why don't you give it a try and see what you can come up with? This is open to staff too. Below are a few examples to give you some inspiration.

#qehsweeklychallenge

<https://youtu.be/M5azNpTwVk8>

<https://youtu.be/MhO3BxrXtdo>

https://youtu.be/j-bj_WIRiVQ

Online Safety

Keeping you up to date on how to stay safe online

Top tips for online safety:

- Protect your online reputation: use the services provided to manage your digital footprints and 'think before you post.' Content posted online can last forever and could be shared publicly by anyone.
- Know where to find help: understand how to report to service providers and use blocking and deleting tools. If something happens that upsets you online, it's never too late to tell someone.
- Don't give in to pressure: if you lose your inhibitions you've lost control; once you've pressed send you can't take it back.
- Respect the law: use reliable services and know how to legally access the music, film and TV you want.

- Acknowledge your sources: use trustworthy content and remember to give credit when using others' work/ideas.

Visit <https://www.saferinternet.org.uk/advice-centre/young-people/resources-11-19s> for some really useful resources to help you safely navigate the internet and social media

Pastoral Snapshot

An insight into lock down life from someone in our team

I know that lockdown has been a challenging time for many but my family and I have been fortunate and very blessed with a really lovely experience. I thought I would tell you about it to give you something positive to read.

Last summer we moved to a farm which was a bit run down and needed lots of work. However, once school kicked in and life got busy we never seemed to have time to get on top of everything so lockdown for us has been all about getting jobs done! We have painted the bathroom, built a new chicken coop, dug out hundreds of weeds and generally done lots of tidying up.



In addition, we have been expanding our animal collection; beginning in April when we hatched nine chicks in an incubator and I am pleased to say they are all still healthy and happy and now living outside (in the new coop!). Then in May we expanded further with the addition of a little miniature Shetland pony called Princess, she is absolutely tiny and may look very

sweet but in actual fact she's quite naughty! And finally, last weekend we added three baby pygmy goats to the collection; Banoffee, Trifle and Macaroon so they have been keeping us busy. We have spent the last few days plugging gaps in the fences with chicken wire as it turns out goats are like ninjas and can escape from pretty much anywhere! My next project is going to be trying to hatch some ducklings to go on the pond so we will see how successful that turns out to be!

One of the main highlights of lockdown for me has been spending a bit more time with my children – they usually go to nursery full time so it's been lovely having them at home a bit more. The weather has helped too- everything seems so much easier when the sun is shining!



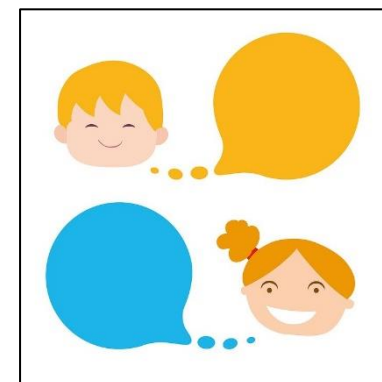
The difficult thing about this lockdown period has been not seeing friends and wider family. We usually have a full house most of the time so it's seemed quiet at the weekends when it's been just us. I have been trying to take that as a positive and be a bit more reflective and a bit less rushed about life. Hopefully I can carry some of these habits forward when life starts up properly again!

Mrs Curry – **Pastoral Leader Year 9**

Wellbeing

Kick start your conversations

Getting stuck for things to talk about with your friends on Zoom? Try asking them these conversation ice breakers and have some fun. You could try and guess each other's answers in advance.



Conversation ice breaker questions

1. If you had a dinner party and could only invite 3 people, who would they be and why? (They can be living or deceased)
2. Tell 2 truths and 1 lie
3. Identify what you would like to be remembered for

4. What would make you get out of bed in the morning?
5. Name one good thing that has happened to you in the last week
6. What is your hidden talent?
7. What would you take with you to a desert island?
8. Give one word to describe how you are feeling
9. What would your fantasy holiday be and who would it be with?
10. What would you do with 3 million pounds?
11. Why would someone want to be you?
12. If you could have one silly and one sensible item, cost no object, what would it be?
13. What makes you fab and what would you like to change about yourself?
14. Describe a success story and what it felt like

Positive picture of the week

Email your suggestions to pastoral@gehs.net

This is Hexham resident Ginnie O'Farrell. In response to the Covid-19 outbreak, Ginnie set up the Hexham Fresh Food Bank, which is a community association made up of a group of local volunteers who grow and harvest fresh fruit & vegetables for delivery to those most in need. Fresh food represents only a tiny proportion of the food donated to food banks, so the work of the volunteer gardeners is hugely appreciated, especially during this time of uncertainty.



Could you or someone you know become a volunteer gardener?

Find a little space in your garden to grow some extra produce and then put your skills to work. Once harvested, contact Hexham Fresh Food Bank (via Facebook) and they will make sure the food you've grown goes to those people who are currently relying on food banks to make ends meet.

The food will be collected and distributed by West Northumberland Food Bank (registered charity number: 1158289).

Hexham Fresh Food Bank has a Facebook group where volunteer gardeners are encouraged to post pictures and updates of what they are planting - Ginnie describes it as "a space full of active encouragement and kindness."



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

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