

QEHS

Pastoral Newsletter



Issue Seven: Friday 19 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 Seven – On Yer Bike

Do you have a bike gathering dust somewhere? Is it years since you rode it? Millions of people have taken up cycling since lockdown began in March. It's not only a good way of getting around, but it's also an environmentally friendly choice and now, with reduced traffic around, it's a great time to try it, especially if you are not super-confident riding on roads. You don't need to have a lot of gear – just a bike and a helmet and you're ready to go. It helps to do a little planning before you set off. Have a route in mind.

You can find 1000s of routes, safety advice and information to get you started here:

letsride.co.uk/routes
bikeability.org.uk

Remember that you can legally cycle on all roads, except motorways, bridleways and byways, but not footpaths which are for pedestrians only. Always talk to a parent or carer before going out on your bike and make sure to let them know where you are going (or even better – take them with you!). Let us know how you get on and remember we have a covered bike rack at school so you could always use your new skills when you return to school!

[#qehsweeklychallenge](https://twitter.com/qehsweeklychallenge)

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.

Pastoral Snapshot

An insight into lock down life from someone in our team

My lockdown has been a bit of a mix and has followed roughly the same pattern as many others.

The first few weeks were full of energy and positivity and it was lovely to have a little bit of extra time to do many of the things that I rarely get time to do. I spent a lot more time with my wife and children and we managed to do daily walks, Joe Wicks, watch movies together and sit as a family for all meals. This was a blessing and has shown me how much we normally miss due to all of our other commitments. Highlights of this time include teaching both of them how to ride a bike and my wife teaching them basic cooking skills. Watching The Tiger King actually made my family seem normal (ish)!



After the first month or so a bit of fatigue began to set in and our daily routines started to slip to every other day and motivation to stick to our new arrangements. My children started to lose motivation to do their schoolwork and each day became a bit of a battle to get anything meaningful (other than work) done. I have full sympathy for your parents trying to help you with your work as it is very difficult. I can teach A level fairly easily but some year 1 & 3 work has had my head baffled. I have been told by my son that the way I work sums out is not the correct way to work sums out, even though we both got the same answer. There is a wrong way to get the right answer? Who knew.

The past few weeks I have started to re-energise and re-focus on being productive with my free time and have re-started doing many of the activities that we enjoyed so much in the first few weeks. I'm trying to prioritise spending quality time with my family and us not just sitting in the same room on our electronic devices. The lockdown and this period will have a positive lasting

effect on my family and we will make sure to keep doing all of the positive activities. It has also helped me focus on what is important in our lives.

This week has seen the Year 10s start to come back into school and although it was only in small groups and for a short period, everyone that I spoke to was happy to be back and returning towards some form of normality. I hope that it is not too long before the whole school is back.



One development over the time off is that despite not being in school full time my hair has continued to develop a worrying amount of white. It does seem that this is caused by me getting old and not as I have always believed due to the stress of school. Sad times 😞

Please try and take the positives out of this experience and maintain your motivation to balance your school commitments with the time for fun/relaxation you need to maintain your mental health. Too much of one and too little of the other will cause you more stress in the long run.

I hope to see you all as soon as it is safe.

Take care,

Mr Main – **Pastoral Leader Year 10**

Wellbeing

Remember to be kind!

This Thursday, the Duchess of Cambridge hosted an online school assembly about the importance of being kind to each other, particularly during this especially difficult and strange time.

"It's important to know that these feelings and frustrations are totally normal, and that they won't last forever," she told the assembly in her pre-recorded video message.

"Talking to someone - whether it's a friend, family member or teacher - is something you can do to make yourself feel that little bit better"

During the assembly the Duchess spoke with several children whose parents have all been working on the frontline throughout this pandemic. She asked each of them, 'if a friend of yours is really kind to you, how does that make you feel?' and each one responded 'really happy'.

As we are all experiencing life in a very different way at the moment, it is easy to get frustrated and often we take that out on people around us. Let's try and remember that these are different times for all of us and that if we can consciously be kind to one another we could make a really positive impact; what an easy way to make a big change!

The full assembly is available to watch online here:

<https://classroom.thenational.academy/assemblies/kindness>

Positive picture of the week

Email your suggestions to pastoral@qehs.net



Whilst many sporting activities have been cancelled during lockdown some runners have been finding ingenious ways to keep up the competition. Tynedale Harriers assembled a knockout team including many QEHS students to compete in a 24hr running challenge organised by rival running group Greener Miles. The Tynedale team was made up

of 65 runners aged between 10 and 66. They clocked up an impressive 207 miles between them, claiming victory over nearest rivals Ponteland, and had lots of fun in the process.



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.