

QEHS

Pastoral Newsletter



Issue Eight: Friday 26 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.

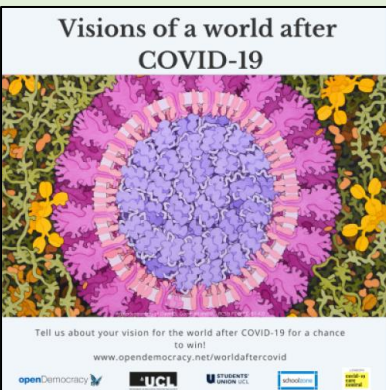
Every week we will try to give you some suggestions of resources and things to be aware of to support your mental health and wellbeing – these are just as important as the academic stuff!

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



What's your vision for the world after coronavirus?

The COVID-19 pandemic raises many questions about how our societies are organised, and how public health challenges can be tackled. As governments struggle to protect lives and keep our economies afloat, ambitious ideas that once seemed improbable have suddenly become surprisingly plausible.

Now that everyone is thinking about what our post-lockdown future might look like, openDemocracy and UCL are teaming up to invite young people to have a say. We want to find and shout about the best ideas from the next generation for what should come next.

What might democracy look like as countries emerge from lockdown? How will public health change as a result of this global pandemic? What lessons from history have we forgotten that might guide how the world recovers? How will our societies and cultures respond to this global crisis and its aftermath?

The competition is open to **school, university and higher-education students over the age of 14** with prizes for winners and runners-up of up to £200 in book vouchers and a bespoke training opportunity.

Submit your entry as either a **written article**, **short video** or **image/photograph** that describes your vision for the world after coronavirus.

Important Dates

The competition opens on **15 June 2020** and the public vote will close at **23:59 UTC on 10 July 2020**, so make sure to share your entry and get your friends and family voting! Any entries after this date will not be accepted.

The winners will be announced on **2 August 2020**. Winners will be notified by email.

Find out more: <https://www.opendemocracy.net/en/world-after-covid/>

Online Safety

Keeping you up to date on how to stay safe online

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

Hello Everyone! It seems strange writing about lockdown as it feels like a long time ago for me! We have been working hard behind the scenes at school since half-term to organise the face-to-face sessions in school for years 10 and 12. I have to say though, Pastoral is very quiet (and a bit boring!!!) without you lot to liven things up! I very much hope we will be able to see you all again in September.

I'm sure our family's lockdown experience was similar to many of yours. We spent the first few days in shock and feeling stressed, but after a while managed to establish a bit of routine that kept us going. Home-school was a significant challenge in our house, particularly for my son who is only 7. If a surprise Ofsted inspection had occurred we would undoubtedly have been placed in 'special measures'. The whole experience has given me a new level of appreciation for my kids' teachers!

The other major challenge for us was finding ways to use up the kids' physical energy. I am not a natural runner but I was forced to keep doing it both for my own fitness and to support my daughter to maintain hers. I've surprised myself by

actually starting to enjoy it (I'm still quite shocked even writing this) and we now run a lot further than we could before and I actually want to go rather than dreading it.



We also had to be pretty creative. We have walked all over the local area and I have seen some beautiful places that I didn't even know existed! We only have a very small outside space at home but my daughter managed to exploit its full potential by persuading her Dad to order the biggest possible paddling

pool and then making a homemade swim tether (from old bike inner tubes – thank you YouTube!) so she could continue her swim training. We also played a lot on the school playground and invented a highly competitive and somewhat vicious hybrid netball/basketball game with four players and very few rules.

There are also some aspects of the lockdown period that I have really enjoyed. My 'inner slob' has embraced an increasingly 'casual' approach to personal appearance. Outfits progressed way beyond athleisure and loungewear to a point where the distinction between clothes and pyjamas was increasingly unclear. A slower pace of life has also allowed a bit of time to learn new things. My attempts at bread making and hair dressing were universally acknowledged as epic failures. However, I have taught myself to knit lace (thank you again YouTube) and finished my first lace shawl. This needs a lot of concentration and has thus proved really absorbing and a welcome distraction from all the bad news.

I know lockdown has been very hard for some of you and for those whose routine is not yet back to normal it probably feels like it's dragging on forever. I've heard from lots of parents over the last few weeks that some of you are worried about returning to school and getting back to normal. If it's any help I can tell you that although some things are different at school, many things are the same! There are new routines and procedures like social distancing and handwashing, designed to keep you safe. Some things however have not changed – the faces are familiar and



friendly and can't wait to have you back. Whatever you're doing that is helping you get through this tricky stage, keep doing it – we all have our fingers crossed for a more normal routine in September. A lot of us have navigated the tricky territory involved with getting back to work/school and we are here to help you do the same.

Rachel Taylor – Pastoral Admin

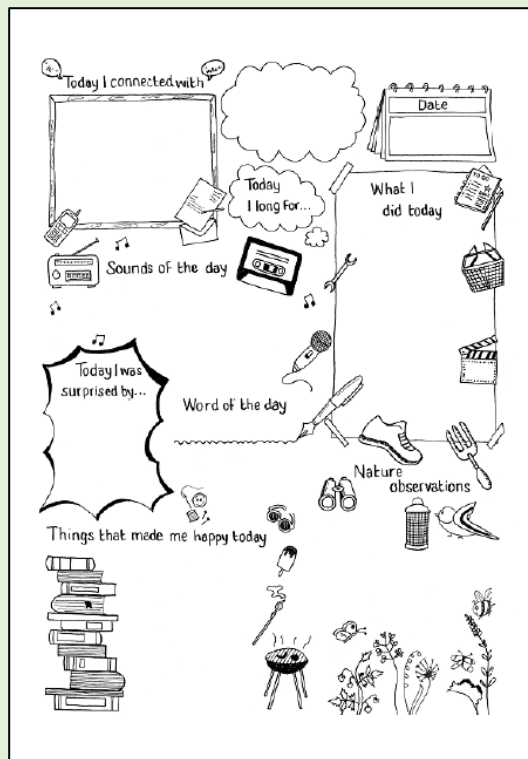
Wellbeing Feeling creative?

Lockdown has been a challenge for all of us and continues to be difficult for many. The extra time at home has given us all more time to think.

Why not use some time to reflect on the small details that make each day unique by drawing and / or writing about your day?

Helen Shaddock for New Writing North has created this simple journal to help us pay attention to nature and the world around us; to think about what makes us happy and what we long for; to connect with others and even to preserve this strange moment in time to look back on.

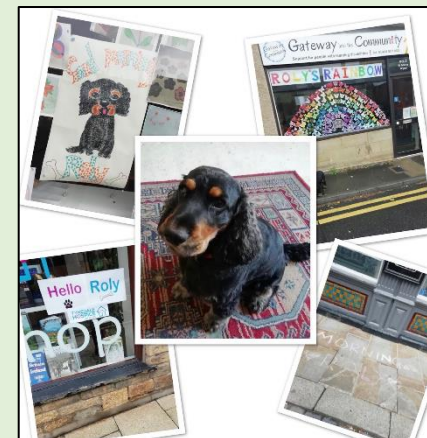
This is just a template. You may want to create your own, perhaps like a scrapbook? You can also download and print a copy of your own at: newwritingnorth.com/home-time



Positive picture of the week

Email your suggestions to pastoral@qehs.net

This is Roly. Roly has been enjoying his daily walks around the centre of Hexham. However, early in the lockdown period Roly's owner, Jack, realised that there were many people who were shielding and unable to leave their homes to go for a walk, or who lived outside of Hexham and were



missing out on seeing the spring flowers bloom around the Sele and missing the sights of the town. So Jack has been videoing Roly's walks around different parts of Hexham each day and posting them on social media to bring a bit of cheer during difficult times. He has also been passing by the windows of houses where residents are shielding and greeting them from a suitable distance. Roly has attracted quite a lot of attention around the town and you might see various messages displayed in shop windows to greet him on his daily rounds. Give him a wave if you see him!

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.