

# QEHS

## Pastoral Newsletter



### Issue Ten: Friday 10 July 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**

#### Turn off technology!



Since lockdown began, many of us have been more dependent on technology than ever before; for work, socialising, shopping and so much more. This means that for many of you, screen time will have increased hugely and for some, you might be finding it hard to get away from it.

This week, why not challenge yourself to take thirty minutes every day where you turn off your technology and find something else to occupy your time with. You could chat to someone in your household, help out with some jobs, read a book, paint a picture or go for a walk; the opportunities are endless!

Share what you get up to by posting photos on social media using the hashtag **#qehsweeklychallenge**

### Online Safety

#### Keeping you up to date on how to stay safe online

#### *Online Safety videos from the e-safety Advisor*

Many online safety videos simply present the same information in various different ways in an attempt to produce something original. The content is often very similar, but online safety specialist, Alan Mackenzie, has created four new videos that look deeper at topics that you may not have seen before. The content includes:

- empathy and criticism online
- captology
- YouTube moderation
- online disinhibition

You can find the videos here: <https://www.esafety-adviser.com/online-safety-videos/>

## Wellbeing

### Mindfulness

**Taken from:** <https://positivepsychology.com/mindfulness-for-children-kids-activities/>

Mindfulness can boost the quality of our lives in numerous ways.

*In today's rush, we all think too much—seek too much—want too much—and forget about the joy of just being.* Eckhart Tolle

Research confirms that, for children, mindfulness can:

- Mitigate the effects of bullying (Zhou, Liu, Niu, Sun, & Fan, 2016);
- Enhance focus in children with ADHD (Zhang et al., 2016);
- Reduce attention problems (Crescentini, Capurso, Furlan, & Fabbro, 2016);
- Improve mental health and wellbeing;
- Improve social skills when well taught and practised with children and adolescents.

Here are a few simple mindfulness activities which you could try this week and over the summer:

### Mindful Posing

Go somewhere quiet and familiar, then have a go at one of these poses:

1. The Superman: this pose is practised by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.
2. The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips (Karen Young, 2017).

Try this a few times – you may be surprised how you feel!

## Spidey-Senses

While on the subject of superheroes, here's another way of practising staying present:

Turn-on your "Spidey senses," or the super-focused senses of smell, sight, hearing, taste, and touch that Spiderman uses to keep tabs on the world around him. This will encourage you to pause and focus your attention on the present, opening your awareness to the information their senses bring in (Karen Young, 2017).

This is a classic mindfulness exercise and encourages observation and curiosity—great skills for any human to practise.

### Safari (Mindfulness Walk)

The Safari exercise is a great way to help you learn mindfulness. This activity turns an average, everyday walk into an exciting new adventure.

Tell yourself that you are going on safari (or if you have younger siblings tell them!): the goal is to notice as many birds, bugs, creepy-crawlies and any other animals as you can. Anything that walks, crawls, swims or flies is of interest, and you'll need to focus all of their senses to find them, especially the little ones (Karen Young, 2017).

## 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](mailto:Safeguarding@qehs.net)

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

## Summer Safety

### Message from RNLI Water Safety Team

*The following message is from Nichola Evans who works in the RNLI education department to improve safety on and beside the water.*

This summer, our Lifeguards can't be on every beach, meaning a heightened water safety risk to beach-goers.

It is anticipated that as restrictions are eased and the summer weather is here, people will head to the beaches and coastline to enjoy the sun, sea and time with friends and family.

In a normal year, the RNLI helps thousands of people who end up getting into difficulty in or close to the water when doing these types of activities. Throughout the summer term, our local team of trained volunteers and Lifeguards do their best to visit as many of the schools, colleges and youth groups in our region as possible. However, due to the ongoing coronavirus outbreak we have not been able to engage with school communities as we normally would. In light of this, it is important that we are all aware of how best to keep ourselves and our families safe.

Follow the link below to the RNLI's beach safety page for more information:

<https://rnli.org/pages/beach2020>

tower blocks and a railway line and provides the opportunity for young people, many of whom have never had any experience with animals, to get involved with horses and ponies. Many young people with special needs attend the centre and recently one young man who was completely non-verbal spoke his first words to one of the ponies.

Living in rural Northumberland as we do, it is hard to imagine a lack of green spaces and animals, but it made us smile this week to read of this opportunity being given to young people in Brixton!

## Positive Picture of the Week

This is Pedro – a Shetland pony who belongs to the Ebony Horse Club in Brixton.

This charity-run riding stables offers a sanctuary for many kids in Brixton, one of London's most deprived and urban areas. The riding school sits between

