

QEHS

Pastoral Newsletter



Issue Eleven: Friday 17 July 2020

During these strange and different times, we in pastoral have sent this weekly newsletter to you to try and offer some support, wellbeing suggestions and entertain you a little bit.

We hope that you have found these newsletters helpful and that you have adapted to the way life has been in recent weeks. As restrictions ease, take care to be aware of the guidance and keep safe over the summer and as we come back to school.

Remember this has been a challenge for your parents/carers too so try and be understanding!

Weekly Challenge

A little challenge from us to you each week, post your responses on social media with the hashtag #qehsweeklychallenge

Savour the summer!

Lockdown is easing and come September life is likely to be looking and feeling a bit more normal – and school will be a big part of life once again.



Take some time this summer to make the most of your free time – get outside, do different things, see friends (safely), get creative, be active – the world is your oyster!

Why not document your experience in pictures and post them on social media using our hashtag **#qehsweeklychallenge**

Online Safety

Keeping you up to date on how to stay safe online

Check your privacy settings regularly – make sure only people you know and trust have access to your social media profiles

Practice Safe Browsing – if you wouldn't look up something in real life, it's good practice not to look it up online

Be Careful What You Download – if you don't trust the source don't download it!

Choose Strong Passwords and don't share them with anyone

Be Careful What You Post – once it's out there you don't have control over it anymore

Report anything you are concerned about!

Wellbeing

Now that we are approaching the summer holidays, it is just as important for you to continue being safe throughout these uncertain times. It is imperative that you look after yourself both mentally and physically so that you are ready to arrive back to school in September refreshed! Firstly, be kind to yourself and please make sure you have a well-earned break. Try to switch off from school work every now and again and have some 'you' time. It is normal that you may

feel a bit worried or anxious, but always remember that we are all going through this together.

There are many things you can do to help with your mental and physical health over the holidays:

- Meet up with friends and family social distance style! This could be at the park, the beach, going for a walk or sitting in the garden.
- The Hexham Youth Initiative are offering lots of fun and exciting activities over the summer such as mountain biking and fishing, which you could get involved in.
- Do some exercise! Exercise releases endorphins which make you feel good (gyms and swimming pools will hopefully be opening soon!)
- If there are days where you don't feel like doing anything – that's okay! Have a lazy day and read a book to keep your brain activated and engaged.
- Make time for sleep – it keeps you energized and focused and is essential for neurological growth and development.
- Find time to relax – look for online yoga sessions, breathing exercises, meditation or colouring.

It is important to find positives in this current situation, so you could possibly do these small activities as a reminder to be optimistic!

You could create a weekly diary where you write down one thing you are grateful for, one thing you want to achieve and one thing you are proud of that you have accomplished that week – no matter how big or small!

Why don't you try the 'jar of joy' where you write on a small piece of paper something that has made you happy and place it in a jar. After the 6 weeks are up, empty your jar and look back on all the happy times you had over the summer.

Write down ideas of what you would like to do post coronavirus and place them in a jar, whether this be to cuddle someone or visit a different country. It will mean you have something to really look forward to in the future.

As Charles Swindoll said 'life is 10% what happens and 90% of how you react to it' – stay safe, look after yourself and try to stay positive.

School's Out!

Dear students,

I hope this letter finds you well as we come to the end of an academic year like no other. We are delighted that a fair degree of normality is set to return in September and that we are able to welcome back all students across all year groups, and very much look forward to seeing you then.

Over the last few months you have had much to come to grips with: working hard on your remote learning and trying to engage with work the best you could; trying to keep in touch with your peers; not being able to get out and do all the things you normally would. It is important to take stock of all of these things as the impact of them will be different for each of us. In the face to face sessions, we were able to listen to what you were telling us about your experience. We considered your personal and academic progress, so that we could support you, adapt our model and be ready to welcome you back to school.

I'm sure for many of you the daily routine of school has evaporated, no rushing to get your school bag ready, or bells to signal the end of one lesson and the beginning of the next. We have also lost structure, friendship, opportunity and freedom. As lockdown eases, and we come back to school we will welcome each of these back into our lives. Some of us will find this easier than others, but staff will be there to help you. As Mr Atkins has explained in his letter to your parents this

week, we will have a phased return to school in September (you can find the details [here](#)). This will give us the opportunity to spend time with each year group and welcome you back to school in a compassionate way. We will help you to understand the new systems, invest and restore relationships, listen to your needs, share our plans for teaching and learning and rebuild confidence where it has been lost.

We know that most of you have been working well over the past few months. It is important that you take a break over the summer and, within the limits of the guidance on social distancing and hygiene, take appropriate advantage of the easing of lockdown restrictions. You may want to keep a degree of structure to some days and to have some continued engagement with your learning. Although work won't be set or marked by teachers during the holidays, try to catch up with any subjects where you have fallen behind or revise the work you have completed during lockdown.

Mr Atkins will write to your parents again towards the end of August and the Pastoral team and I will write to you with more detailed arrangements and timings of the day. In the meantime, I hope you are well and I wish you an enjoyable and safe summer.

Best wishes,

Mr Todd

Positive Picture of the Week

Through Our Lens is a photo series captured by 12-18 year olds to show their everyday lockdown experiences. The project is being overseen by artist and photographer Carolyn Mendelsohn, who has three teenage children herself. She thinks the voices have been missing from public discourse during the pandemic and feels passionately that their story should be made visible. She believes that it has helped the students involved to express themselves and has boosted their wellbeing. Check out [through_our_lens_covid19_proj](#) on Instagram for lots more images.



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.