

**'MAKE TIME FOR YOUR EMOTIONAL
WELLBEING & HOW TO KEEP SAFE
WHEN SCHOOL CLOSES'**

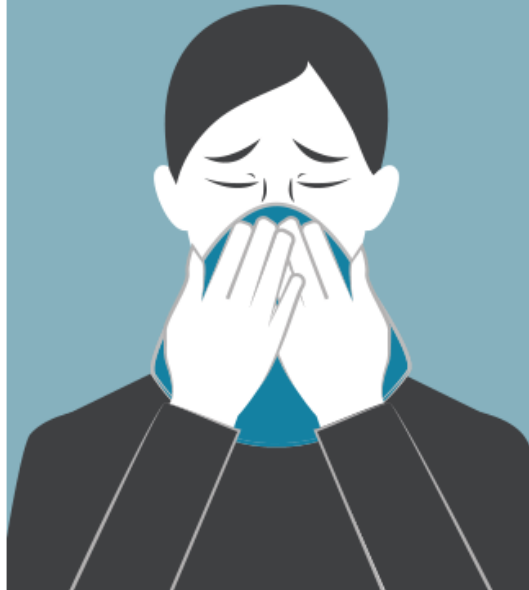


WHAT YOU NEED TO KNOW...

Coronavirus: What you need to do



**Wash your
hands**



**Use a tissue
for coughs**



**Avoid touching
your face**



WASH YOUR HANDS...



Wash hands for about 20 seconds
with soap and hot water or use a
sanitiser gel

- Remember wash your hands for 20 seconds
- Use soap and hot water or sanitiser gel



STAY AT HOME...

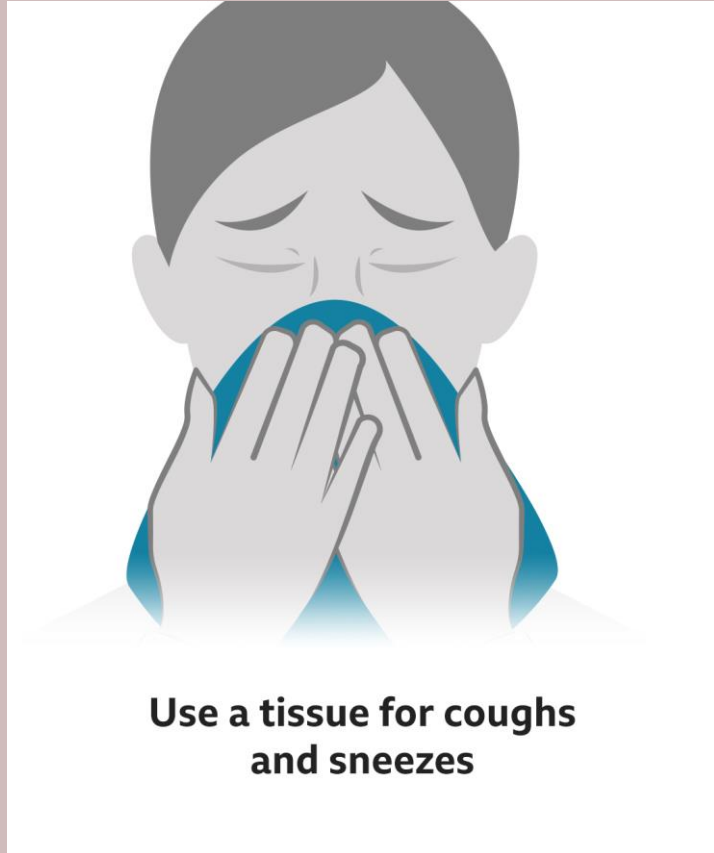


Even if you have no symptoms, you should work at home where possible and avoid social venues

- Social Distancing - You should not be going out in groups to meet up at the park or riding round on your bikes together!
- You should not come on to school site unless you are in uniform and down to be attending
- You need to avoid social venues e.g. parks



TRY NOT TO SHARE ANY GERMS...



- Use a tissue for coughs and sneezes
- If you do not have a tissue, try to catch the sneeze and then wash your hands



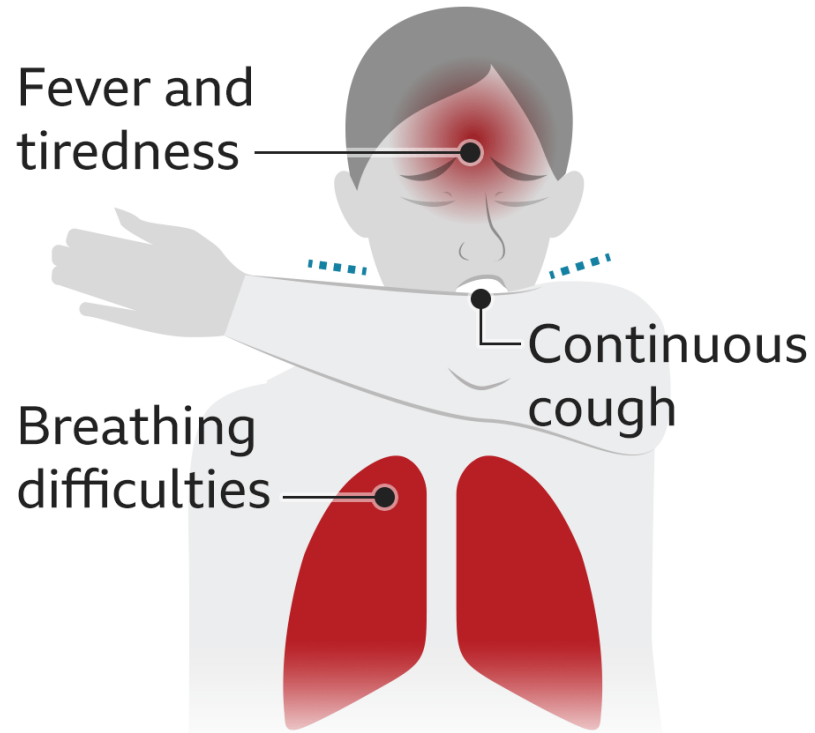
AVOID CLOSE CONTACT WITH OTHERS...



- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid contact with others, hugs, hand shakes etc.



'WHAT ARE THE SYMPTOMS?'



If you live with someone who has a 'new continuous' cough or high temperature, stay at home for 14 days in case symptoms develop

- **If you have any of these symptoms, tell someone at home!**
- **You must stay at home for 14 days in case your symptoms develop**



WHAT DO YOU NEED TO DO...

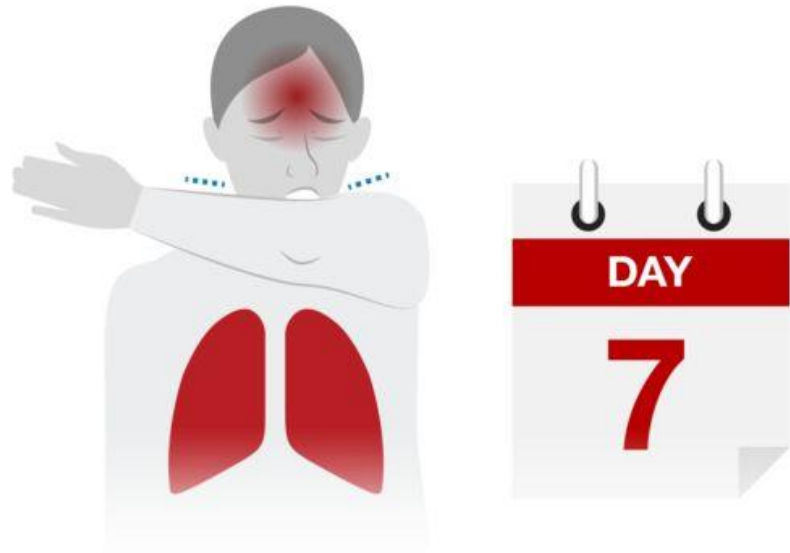


Stay at least three steps
away from other people
in your home if possible

- It is vital to follow the government advice as regards self-isolation and social distancing. Whilst young people are very low risk in terms of the likely severity of any symptoms of Covid-19 themselves, it would be deeply selfish to think only in these terms. All of us need to avoid unnecessary contact in order to help stop the virus spreading. We would be extremely disappointed, for example, to see or hear of groups of students gathering together to socialise in the current climate.



'WHAT ARE THE SYMPTOMS?'



**If your symptoms get worse or
are no better after seven days
seek medical advice**

- If your symptoms get worse or are no better after seven days, tell someone at home and seek medical advice



WHO CAN HELP YOU...



Use the online 111 coronavirus service at 111.nhs.uk. In Northern Ireland, call 111

- Your parents/carers can seek advice from the online 111 coronavirus service at...

111.nhs.uk



'MAKE TIME' FOR YOUR ACADEMIC WORK

- There are many reasons why it will be important for students to continue to study while school is closed. Apart from the educational reasons, it will be important to maintain some kind of structure to your day for the sake of your well-being.
- We will be setting work throughout the period of school closure. Whilst it will not be feasible for teachers to collect and mark much of this work in the short-term, we cannot stress enough the importance of students completing this work.



'MAKE TIME' FOR YOUR ACADEMIC WORK

- All work will be set via Show My Homework
- Please email Mrs Brennan (jbrennan@lymmhigh.org.uk) if you have forgotten your login details or are having trouble accessing SMHW
- Work will usually be set in one or two week blocks, but this might vary a little from subject to subject. As a start, teachers have been asked to consider work for the next two weeks.
- If you finish work quickly, then use your knowledge organisers to consolidate key information and/or read a book of your choice.
- Keep all completed work in a safe place (e.g. on a USB pen drive, in exercise books if you have them or in a folder)
- Routine will be very important. We suggest that you aim to follow one that is similar to the school day – i.e. five hours of work, with regular breaks in between. It would be sensible to follow your own timetable when choosing which subjects to focus on and when.



'MAKE TIME' FOR YOUR ACADEMIC WORK

- You can still communicate with teachers where necessary – using either Show My Homework or by email (teacher's email addresses are on the school website). Please just bear in mind that not all teachers will be able to reply immediately.
- Turn your mobile phone off or put it in a different room when studying. It is impossible to focus properly unless you do this. You can check for messages during your breaks.



'MAKE TIME' TO LOOK AFTER YOURSELF

- It is really important you look after yourself during this time. This includes eating properly and drinking plenty of water when studying.
- Exercising regularly (in line with advice about self-isolation and social distancing) is also vital. There are plenty of online videos that you can use to inspire you with activities to maintain fitness without leaving the home.



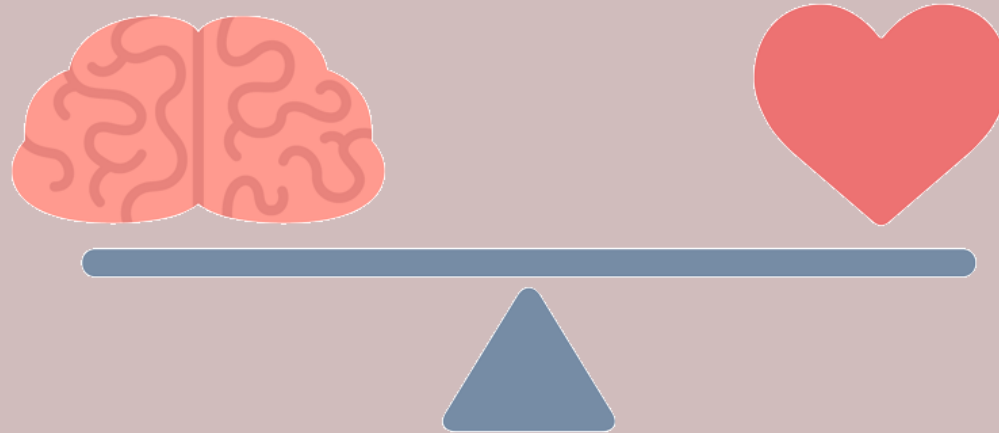
'MAKE TIME' FOR YOUR EMOTIONAL WELLBEING



- During all this, do not worry, just make sure you make time for your emotional wellbeing



'MAKE TIME' FOR YOUR EMOTIONAL WELLBEING



- We know that there is so much at the moment that you can't control and that this must be a very frustrating time for you. But there are some really important things **you can control** and looking after yourself and your wellbeing needs to be at the top of that list!
- We need to be aware of how pressured & stressful times can affect our emotional wellbeing and need to look after ourselves more at these times



'SET DAILY ROUTINES!



- Do the things you love!
- Share them with other people 😊
- Make a routine, set personal goals.
- Increase your sense of control.
- Be optimistic and accepting.



WHAT DO I NEED TO DO...

■ SET DAILY ROUTINES!

- Make a routine, set personal goals
- Stick to your school timetable where possible
- Share your plan with other people, sometimes its good to see what other people are doing😊



WHAT DO I NEED TO DO...

- **INCREASE YOUR SENSE OF CONTROL!**
 - Limit screen time on games and social media
 - Dust off board games, bake, get your imagination going
 - Go outdoors, get some fresh air



WHAT DO I NEED TO DO...

- **STAY POSITIVE!**
 - Be optimistic and accepting of the situation



WHAT TO DO IF YOU FEEL YOU AREN'T COPING.....TALK TO SOMEONE.

- **Family and Friends** – Connect with those around you, make calls to family members, facetime friends, share your worries and frustrations – it's normal to feel a mixture of emotions at the moment.
- **Kooth.com** – Please consider logging on and creating an account – it's confidential – free 1-1 and forum support!
- **Zumos** - www.zumos.co.uk
- **Mr Thompson/Mrs Ball/Mrs Ryles-Dean/Form Tutor**
Email us – we are here to help at any time!
CAMHS – Warrington Children's Mental Health Service have a direct line if you would like to ring and speak to someone if you feel you aren't coping.

01925 575 904





If you feel you need support, don't forget you can always scan the QR code and TellUS

Someone will be in school to help during the week



TRY APPS FOR SELF-CARE 😊

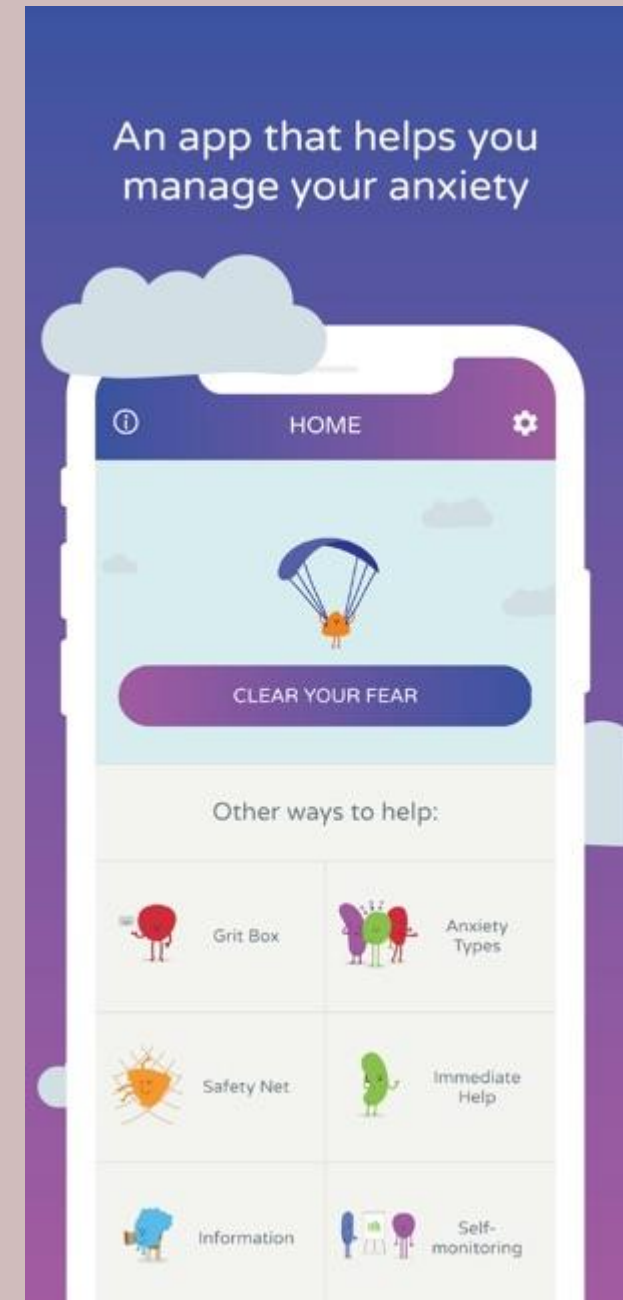


Guided Meditation App

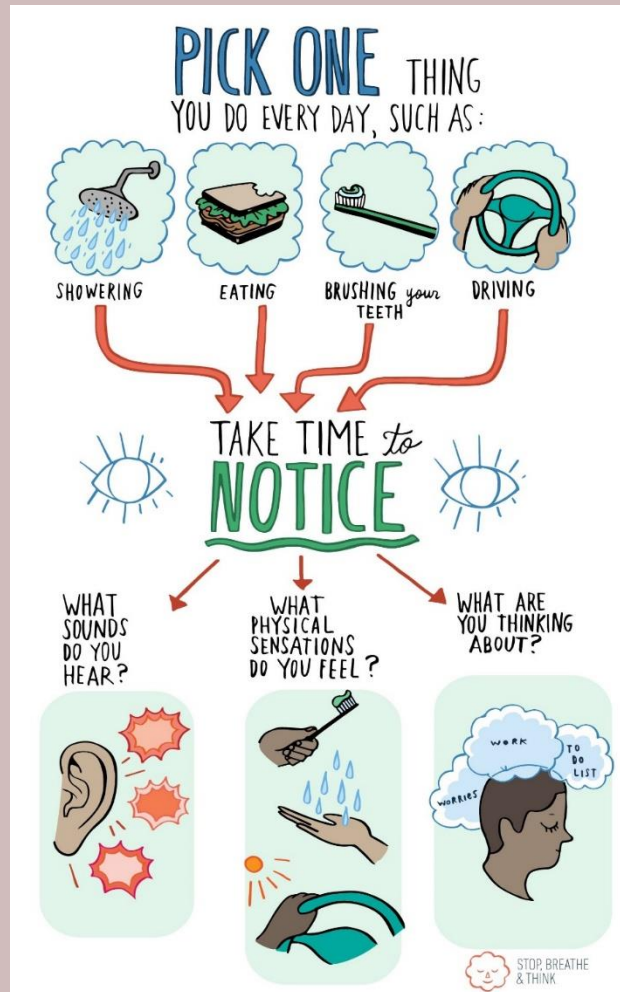


Managing Anxiety App

There are some really good apps around try these



MINDFULNESS...GIVE IT A TRY!



YOU'VE LEARNT SO MANY SKILLS THAT GO

BEYOND THE CLASSROOM.

STAY POSITIVE AND REMEMBER IT IS

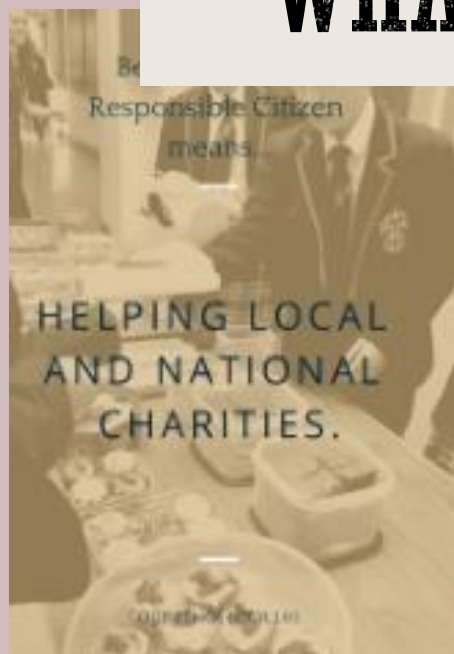
IMPORTANT TO BE SOCIALLY RESPONSIBLE AT

THIS TIME.





WHAT SOCIAL RESPONSIBILITY LOOKS LIKE



THIS IS YOUR TIME, TO DO YOURSELF PROUD

- Remember to check 'Show My Homework' and your school email each morning
- Complete any work that is set by your teachers
- Follow us on Instagram for updates @lymm_high_school
- Try and read a book, learn a language, bake, give yourself a challenge!
- The BBC are putting lots of educational programmes on – look out for these
- Joe Wicks is holding each day, Monday – Friday a live workout called PE with Joe on his Youtube channel, TheBodyCoachTV get involved!
- Stay at home, self isolate and adhere to the rules of social distancing
- Stay safe and keep working hard
- If you need us...



DON'T FORGET...

**WE CARE A GREAT DEAL ABOUT YOUR
WELL-BEING AND WILL BE DOING
EVERYTHING WE CAN TO SUPPORT YOU.**

