



Dear Children and Young People,

This toolkit has been created to help and reassure you and your family during these times.

What is Covid-19 you might be thinking? 🤔

It is a new virus that the doctors, nurses and scientists haven't seen before. There are lots of clever people working very hard to learn about Covid-19 and understand how it can be treated. They will find a way!

We already know the symptoms are an ongoing cough, high temperature and shortness of breath. If you have been poorly before, you may have already had some of these and therefore you will know that you have got better.

If you are feeling unwell, let an adult know. They will keep you safe and you will stay indoors for 14 days, until the germs have gone. Whilst at home for 14 days, you can still do the normal things at home such as eating, sleeping, resting, learning and playing. They are all very important and will help you to recover.

To avoid spreading the virus, there are some things you can do to help:

- ✓ Wash your hands with soap and water regularly - do this for at least 20 seconds.
- ✓ Wash your hands when you get home or into school.
- ✓ Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- ✓ Put tissues in the bin once you've used them.
- ✓ Do some learning everyday!
- ✓ Do some playing everyday!
- ✓ Avoid large groups of people. Being at home with your family is fine.
- ✓ Avoid shaking hands - have you heard of an elbow bump?!
- ✓ Listen to the adults!

The grown up will help you and keep you safe. If you are worried, tell them. You may have questions for the grown ups, they will be able to answer some of them but they may not know all the answers yet.

Just to remind you, you will go back to school when we can. The school grown ups look forward to seeing you.

Every week, we will send different activities that will support you and your children.

wc 30th March 2020



8 THINGS STUDENTS CAN DO TO BOOST THEIR MENTAL HEALTH



MIND AND BODY

Maintaining a well balanced diet, staying hydrated and following a regular sleep pattern is scientifically proven to keep your body and mind healthy.



EXERCISE

Regular exercise affects the brain on multiple fronts. It increases heart rate, which pumps more oxygen to the brain, improving mood and reducing stress and anxiety.



ORGANISATION

Time management is a great way of increasing productivity and reduce pressure. By keeping organised, you will save time looking for things and will have more time to work on important tasks.



SELF-CARE / LIFESTYLE

Practicing self-care techniques and general lifestyle changes can help manage the symptoms of many mental health problems. They may also help prevent some problems from developing or getting worse.



TALK TO SOMEONE

Talking to someone helps you to look at things in a different way and to find solutions. Don't bottle up your emotions, talk to your friends, family and teachers.



CHALLENGE

Challenge yourself to keep your self-esteem high. When you give up on yourself, you lose faith in your skills and knowledge, which consequently leads to a lower self-esteem.



CHECK IN

It's important to check in with yourself because we can become so absorbed in our thoughts and our subsequent reactions to them that we do not observe what is actually happening in the present moment.



PROBLEM SOLVE

When you experience a problem, try writing it down and try find a solution. Problem solving skills are highly sought after by employers as many companies rely on their employees to identify and solve problems.



Routines

If you find it tricky to find something to do, you could make a timetable so you have different things to do each day. This will also support you if you like routines.

It could look like this and you could create your own routine....don't forget to add lunchtime.

Timetable							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



#familiestoolkit

Supporting the Family

