



## Together We Made It!

End of  
Term  
Edition

### St Nicholas Catholic High School embraced Virtual Learning



### It's Half Term

What a fantastic effort you have all made this half term adapting to working remotely, engaging with your live lessons and completing the daily challenges from the Learning Mentor Team. We are all so proud that you have been accessing the support remotely from your Form Tutors, Learning Mentor Team and Year Leaders who are always here to help with your academic studies, and offering emotional support. Now that we have finally made it to our half term break, we hope you take advantage staying off your electronic devices and spend some time outside with your families completing your daily exercises. The Learning Mentor team have put together some ideas to encourage positive wellbeing both inside and outside your home and we hope you enjoy completing as many activities as you possibly can (ensuring you are following the Government Guidelines). We hope that at some point next term we will be able to get back together as a community in school where you will fill the classrooms, corridors, playgrounds and school Canteen with lots of laughter, joy and positive friendships.

We wish you a Healthy, Safe and Joyous half term and look forward to our virtual return on Monday 22<sup>nd</sup> February.

### Nicci's Home Challenges

Throughout lockdown, everyone is facing new challenges - some of these may include lack of routine, boredom, loneliness, eating too much, not exercising enough and poor sleeping patterns. Set yourself a daily challenge to energise yourself and give yourself that motivation.

- 20 minute You tube workout
- Prepare and cook a healthy meal
- FaceTime a loved one that's in isolation
- Go for a walk
- Complete a jigsaw
- Paint a picture
- Make a homemade card and post to a friend or relative
- Clean your bedroom
- Clean out your wardrobe and donate unwanted clothes to charity
- Make your mum or dad a cup of tea/ Coffee
- Play a board game with your Parents or Siblings
- Make a den in the lounge
- Read a book
- Write a song
- Have a relaxing bath
- Have a film night with the family



**A CHALLENGE A DAY KEEPS THE LOCKDOWN BLUES AWAY!**





## Craig's Exercise Challenge

Try and get yourself out of the house for an hour.

- 1 Get out get some fresh air and go for a walk
- 2 Those that want to be a little more active. Challenge yourself to walk and run. Walk to the first lamppost then try running to the second - keep alternating between lampposts.
- 3 Want to push yourself more? Jog to the first lamppost then sprint to the next, again alternating between lampposts.



## Paul's Top Tips for Half Term

- 1. Stay connected with people** - Maintaining healthy relationships with people we trust is important for our mental wellbeing. You could schedule time each week to speak over the phone or make time for regular video calls. Social media is another good way to stay connected, but make sure you take breaks from your digital devices and switch off before bed.
- 2. Talk about your worries** - It's normal to feel worried, scared or helpless about the current situation. Remember: it's OK to share your concerns with others you trust – and doing so may help them too.
- 3. Support and help others** - Helping someone else can benefit you as well as them, so try to be a little more understanding of other people's concerns, worries or behaviours at this time. Try to think of things you can do to help those around you. Is there a friend or family member nearby you could meet outdoors? If you cannot meet up, you could phone or message them.
- 4. Feel prepared** - As the outbreak continues, it can help to work through what changes to government guidelines mean for you, so you feel more prepared and less concerned. It can help to think through a typical week: how will you continue to be affected and what will you need to do to solve any problems?
- 5. Look after your body** - Our physical health has a big impact on how we feel. At times like these, it can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse. Try to eat healthy, well-balanced meals, drink enough water and exercise regularly.
- 6. Stick to the facts** - Find a credible source you can trust – such as [GOV.UK](http://GOV.UK) or the [NHS website](http://NHS website) – and fact-check information you get from newsfeeds, social media or other people.
- 7. Stay on top of difficult feelings** - Concern about the coronavirus outbreak is normal. However, some people may experience intense anxiety that can affect their daily life. Try to focus on the things you can control, such as your behaviour, who you speak to, and where and how often you get information.
- 8. Do things you enjoy** - Feeling worried, anxious or low might stop us doing things we usually enjoy. Focusing on your favourite hobby, relaxing or connecting with others can help with anxious thoughts and feelings
- 9. Focus on the present** - Focusing on the present, rather than worrying about the future, can help with difficult emotions and improve our wellbeing.
- 10. Look after your sleep** - Good-quality sleep makes a big difference to how we feel mentally and physically, so it's important to get enough

[www.giveusashout.org](http://www.giveusashout.org)  
TEXT: SHOUT to 85258

### Useful Contacts and Links

[www.mind.org.uk](http://www.mind.org.uk)

Email: [drop-in@st-Nicholas.Cheshire.sch.uk](mailto:drop-in@st-Nicholas.Cheshire.sch.uk)

[www.cwp.nhs.uk](http://www.cwp.nhs.uk)

