



Counting down to Half Term Second Edition

St Nicholas Catholic High School embraced Virtual Learning



What a Successful week

Well done to all the staff and students at St Nicholas Catholic High School for your participation during Our Mental Health Awareness Week. Its been a great success and its been good to see so many of you taking part in our daily challenges and 'expressing yourself'. A reminder, the challenges are being added to 'St Nicholas CHS' Twitter. From this week we will add the weekly challenges to our Newsletter so you can keep up-to-date on the challenges. I am sure you are all looking forward to turning off your laptops and relaxing enjoying some family time during half term. Remember to get out and about on your daily walks – This really helps to promote Positive Wellbeing. Lets see if you can complete all the challenges for this week and feel free to share on our twitter page.

Useful Contacts and Resources

<https://giveusashout.org/>

Shout is the UK's first free, confidential, 24/7 text support service, a place to go if you're struggling to cope.

TEXT: SHOUT to 85258



My Mind

<https://www.mymind.org.uk/coping/coping-with-covid-19-coronavirus/>

Email: drop-in@st-nicholas.cheshire.sch.uk

Learning Mentor Challenges

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for the good in people, even when they frustrate you

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

Lockdown Struggles

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

- 1 Know how to spot the signs**
If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.
- 2 Talk to your child**
If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.
- 3 Create structure and routine**
Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.
- 4 Give children a sense of control through information**
Look online with your children to find useful information and resources that help children feel they have control.

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

- 5 Keep children learning**
Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.
- 6 Limit screen time and mix up activities**
As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.
- 7 Help your child manage stress**
If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them, etc.
- 8 Expressing feelings doesn't have to be face-to-face**
Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

