

The Compass Academy

PUPIL LEAFLET: COVID 19



Edition 3: Spring Newsletter 2020

We are thinking about you...



A big hello to all of our pupils!

In the last few weeks, our lives have changed a lot. Only a couple of weeks ago you were in school with your tutors, teachers and friends but now, we've all been asked to stay at home to help stop the spread of the Coronavirus. There is a lot of worry around because the coronavirus has spread across lots of different countries and many people have become unwell-this situation has been referred to as a pandemic.

Having some worry can be really good because it keeps us safe from risks and danger, but when we have lots of worry, it can make us feel upset and make it hard for us to manage our feelings. **This is normal and you are not alone.** If you are feeling worried or scared, you may find it helpful to try some of the activities and read the information contained in this newsletter.

Our body's response to different emotions...

When we are happy and relaxed, our body works fine. But when our brain thinks that we are in danger, it sends messages all over our body to get ready to run away from the danger, fight and be ready to meet the danger or freeze, which means that we get stuck to the spot.

Many people will have different reactions to this current situation, this is perfectly normal but understanding how we are feeling can make things seem less scary.



Uncertainty

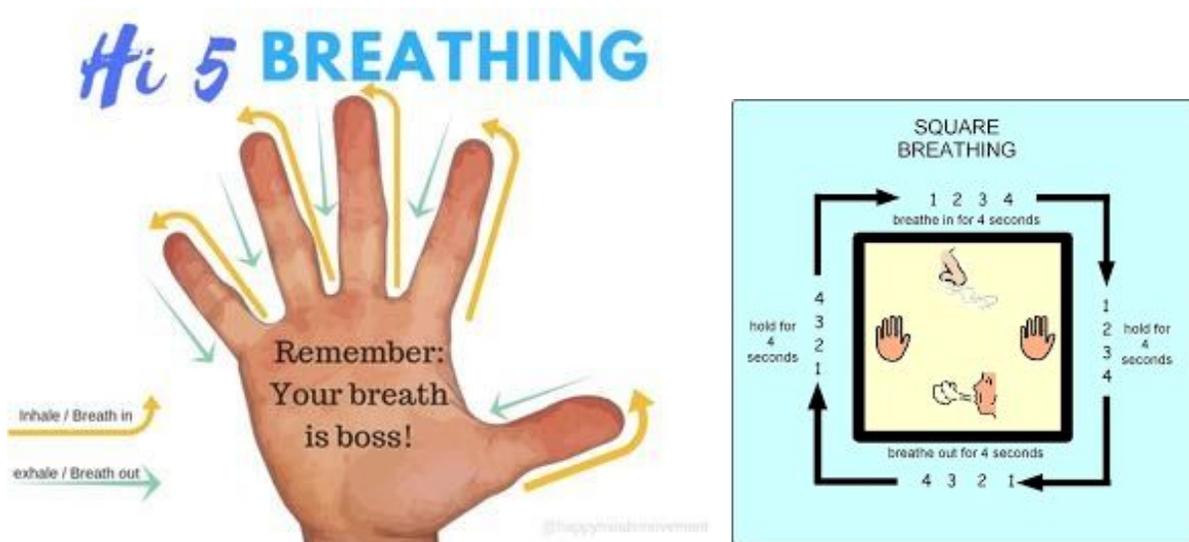
For many people, the uncertainty about the coronavirus is difficult. We don't know what is going to happen next, or how bad things may get. This makes it easy to think of the worst things that might happen which can leave us feeling really frightened. While these possibilities can be scary to think about, they might not happen and there are things that we can do to help relieve at least some of the worry.

There are so many things in life that we cannot control, this can be tough to accept. You or your family/friends getting ill can be scary to think about, but the best thing to do is concentrate on the things that you **CAN** control like following the Government's safety advice including: staying inside, not mixing with different groups of people (other than those that you live with) and washing your hands on a regular basis.

Feeling Lonely

You might be feeling lonely being inside by yourself and not being able to visit your friends or close family members. Many people care about you, school staff included, this is why we have written to you to check that you are ok. Where possible, try to maintain contact with family/friends...maybe send a text message or even video call. Though this is a difficult time, it is also a time that can be spent connecting with those around you.

Mindfulness

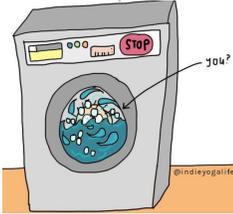


When we feel uncomfortable, we usually try to find things that make us feel better. You may have tried different mindfulness techniques in school already. Mindfulness is the ability to know what's happening in your head at any given moment without getting carried away by it. Mindfulness activities help us to:

- pay attention to the feelings we have
- process those feelings
- respond to the feelings in a controlled way

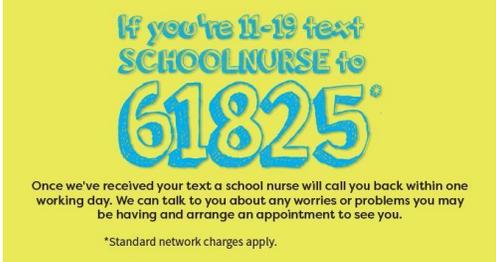
Mindfulness has many benefits including reducing stress, helping us to pay attention, feel happier, learn more and be more patient.

Mindfulness Menu

<p>Listen to music</p> 	<p>Mindfully listening to a music track is a quick and effective stress reliever and a great way to practice being completely in the moment. Choose a song to listen to – instead of just paying attention to the words, ask yourself:</p> <ul style="list-style-type: none"> • <i>What instruments do you hear?</i> • <i>Is the song loud or soft, fast or slow?</i> • <i>What emotions does the song create in you?</i>
<p>Notice the good</p> 	<p>Try and notice 3 things that are good, or even OK right now – it could be a kind action from someone, the sun shining, hearing from a friend.</p> <p>You could write them down in a note book, put them in a 'good things' jar, talk with others about them or just think about them privately.</p>
<p>The worry washing machine!</p> 	<p>Can't stop yourself from worrying? Do your worries go round and round in your head like an overactive spin cycle? Follow the steps in this funny but helpful guide to getting yourself out of that worry washing machine..</p> <p>https://chedyer.com/how-to-stop-worrying-and-negative-thoughts-in-4-simple-steps/</p>
<p>Digital detox</p> 	<p>Too much time on electronic devices can contribute to our stress; emails, news, notifications and social media can aggravate our worries and can distract us from our self-care.</p> <p>Taking regular breaks from ALL devices, including Phones/TVs/Computers will give you time to reconnect with yourself and make sure that you get a good night's sleep!</p>
<p>Colour, Craft, Create, Cook!</p> 	<p>Any creative activity is a mindful activity! Try to enjoy this time and develop new skills...get out your art homework, bake some buns or maybe you could even help to cook tea! On your daily walk you may have noticed people's window displays-have you designed your rainbow yet?</p> <p>Share your thanks for the NHS and stick your design in your window.!</p>

Useful Services:

The following websites/contact details may provide useful support or advice for young people:

Useful Services	
<p>School Nursing team</p> <p>The school nurse service can provide advice on things like body worries, alcohol, relationships, sexual health, bullying, drugs, smoking, stress, healthy eating and self-harm.</p> <p>Text: 61825</p>	 <p>If you're 11-19 text SCHOOLNURSE to 61825</p> <p>Once we've received your text a school nurse will call you back within one working day. We can talk to you about any worries or problems you may be having and arrange an appointment to see you.</p> <p><small>*Standard network charges apply.</small></p>
<p>Kooth</p> <p>Kooth is an online counselling and emotional well-being platform for children and young people.</p> <p>https://www.kooth.com/</p>	 <p>kooth</p>
<p>Young Minds</p> <p>A website which offers tips/advice for young people in managing your mental health.</p> <p>https://youngminds.org.uk/</p>	 <p>YOUNG MINDS</p>

A closing comment...

Over this time, your class tutor will be in regular contact with you to check that you are ok- use this as an opportunity to discuss how you are feeling or ask for any support or advice to aid you in completing your school work. Lastly and most importantly, please take care and look after yourself...**your health, safety and well being will always be our main priority.**

The Compass Academy team x x x