

Dear Parents/Carers

### **PSHE Activities**

As we begin a new term, the focus in PSHE continues to be on our parents, carers and student's wellbeing. We are starting our series by thinking about how Covid-19 is affecting us all as the easing of lockdown restrictions begin. We want to look at ideas for activities to make sure that we as families are talking about how we can support each other as well as looking to embrace the changes and transitions that happen during these challenging times.

It is important that we acknowledge the impact that school closures have had on all the family. We need to encourage each other to reflect on the range of opportunities and challenges that we might experience as some of us return to school and work, as well as how they can manage these transitions. Finally, we need to celebrate the successes that you and your family have achieved during this time.

What does the 'new normal' mean for you? One thing to remember is that whilst we are all different, lots of us will be thinking and feeling the same way about returning to school or work. For some of us we will be looking to the future and therefore transitioning from KS3 to KS4, from GCSE courses to

A levels employment or moving on to further education.

### **What We Might Be Thinking...**



"I haven't been able to see my friends for a long time now and I'm worried that our friendships won't be the same when we do go back to school, especially as we'll be in different classes."

"Being out of my normal school routine has made me lose all motivation for doing any work — I don't know how I'll cope when school starts again!"

"I'm feeling really anxious at the moment with everything happening in the news. School has always been something that makes me feel settled, so I'm struggling with the uncertainty around when schools will reopen."

### **Challenge One – Top Tips**

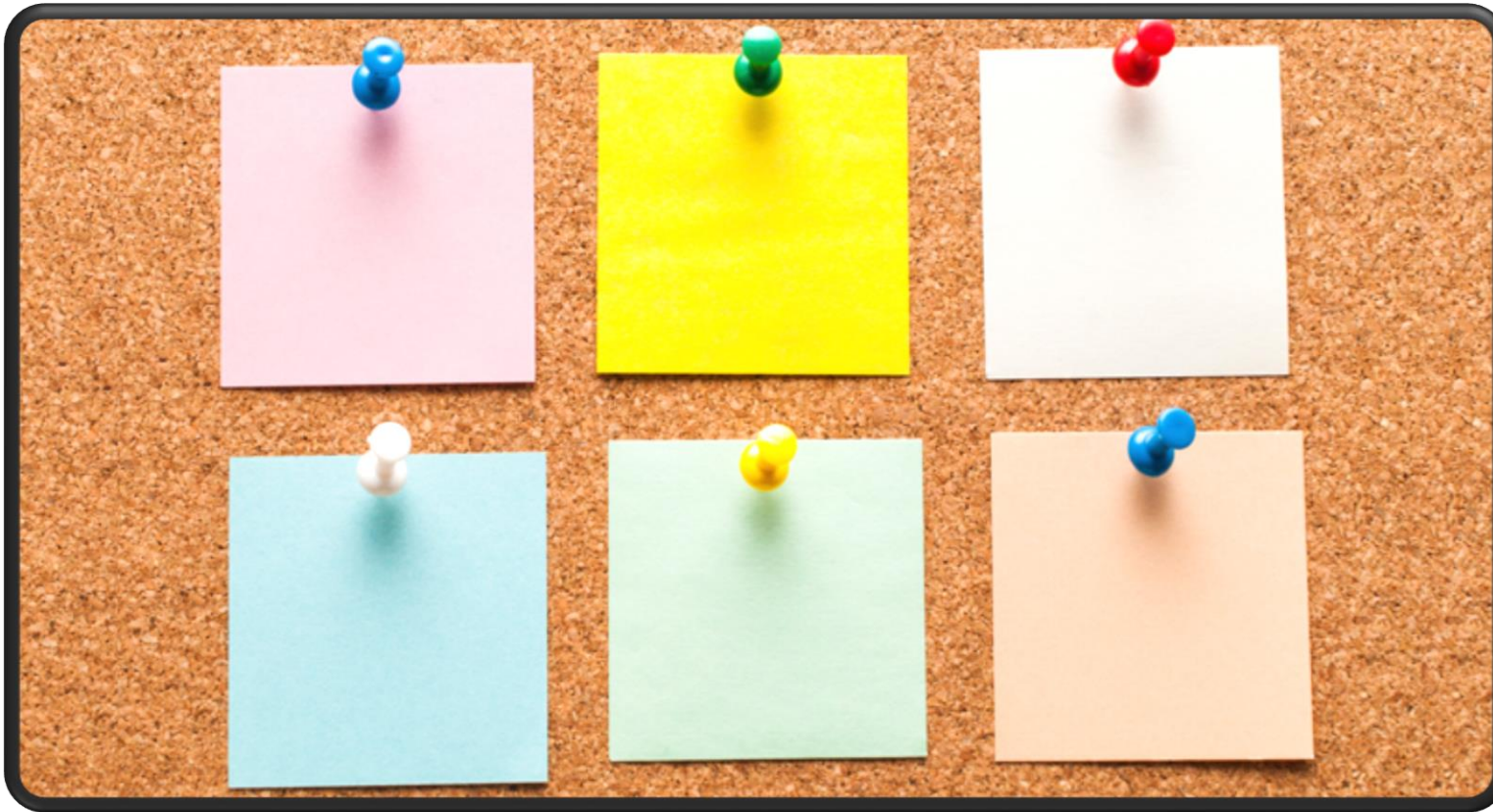
As a family discuss the 3 statements. Do they apply to you? What advice would you give to a friend if they contacted you and said they were worried about any of the above?

What advice would you give them? Who else might also be able to help them?

### Challenge Two – Tell Me About It

Complete the post its below with your own thoughts.

Are they same as the students above or different?



Always remember that you can e-mail your teachers, speak to your parents or carers and friends about concerns — don't keep anything bottled up.

### **Challenge Three – What if...**

...we all take time to appreciate the things we can control and make us feel good. Write a daily list of three or more things for which you are grateful over the next week. It could be a conversation on the telephone with a **friend**, being able to **help** cook a meal with another family member, having the **time** to complete a piece of work that you are proud of or a you could be grateful about being able to go **outside** for a run.

The weekly planner is attached for you to complete as a family.

Can you each write 3 different things each day that you are grateful for?

# THIS WEEK

NOTES

WEDNESDAY

SUNDAY

THURSDAY

MONDAY

FRIDAY

TUESDAY

SATURDAY