



## Thank you!

Dear Students,

Welcome to the first of our weekly Student Bulletins. Firstly, we wanted to start by saying a big thank you for all the time and effort you have put in to your week during the first work of lockdown.

All the teachers have been busy setting work and trying to make it as appropriate as possible for home-learning; we really appreciate any time you can spend completing what you have been asked to do. There are going to be times when for whatever reason, it is just not possible to get everything done; we fully understand that. Please email if there is anything we can do to help you with the work that is being set.

The school closure happened so quickly that it will take time to get all the correct systems in place, so we appreciate there may have been some teething problems. We ask that you bear with us as we all get more used to this way of working. There will be a few changes introduced over the coming weeks aimed at ensuring things run even more smoothly.

The most important thing is that throughout this unsettling time that you look after your mental health and wellbeing. This first issue is designed using information from the NHS's 'Five Ways to Wellbeing'. Trying these things should help you feel more positive and able to get the most out of our current circumstances.

We hope you are well and are thinking of you all at this time.

Best wishes,

All the staff at Perschore High School

### Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood

Whilst there are clear restrictions on the limited and local amount of exercise we can currently undertake, it is possible for you to remain fit and healthy.

A number of students are building in time for The Body Coach (Joe Wicks) who runs free home workouts, no matter what your fitness level. You can join in with his daily livestream at 9.00am or choose one of the 250+ workouts available.

**You can visit:**



<https://www.youtube.com/channel/UC AxW1XT0iEJo0TYIRfn6rYQ>

### NOTICE

Paying more attention to the present moment can improve your mental wellbeing.

Some people call this awareness "mindfulness".

This means waking up to the sights, sounds, smells and tastes of the present moment.



**Take time to notice the everyday. When you go outside try to appreciate something new you have not noticed before**

## Keep learning!

Research shows that learning can improve your mental wellbeing by boosting self-confidence and helping you to build a sense of purpose.

There are lots of different ways to bring learning into your life beyond completing the work your teachers are asking you to do:

- try something new that challenge you, such as choosing a new hobby which you have always wanted to have a go at
- try learning to do something you can already do better, such as cooking
- try taking on a new responsibility at home, such as teaching something you are good at to someone else
- help someone at home work on a DIY project, such as fixing a broken bike, garden fence or something bigger

There are lots of free video tutorials online to teach you how to do a whole range of things. Other ideas include:

### Enrol in a Massive Open Online Course (MOOC):

MOOCs are freely accessible and open-licensed short courses, delivered to large cohorts of learners fully online by a range of academic institutions. Years 9-13 should use their Unifrog login to find these; this is being organised for Year 8 too and will be available soon.

### Upskill with Psychology type games suitable for all ages:

<http://allpsych.com/games/index/>

### Relax and learn with stories suitable for all ages:

<https://stories.audible.com/start-listen>

*Issues 2 & 3 over the Easter break will have a lot more specific examples of things to do and try as you take a break from completing school work.*



**If you have any helpful examples, ideas or things you have done that could be included in a future issue, please email:**

[studentbulletin@pershore.worcs.sch.uk](mailto:studentbulletin@pershore.worcs.sch.uk)

## Connect with other people

Good relationships are important for your mental wellbeing. They can provide emotional support and allow you to support others.

We don't need to tell your generation how to use social media but make sure you don't just get in the habit of texting, messaging or emailing – make the most of staying in touch with friends and family by using video-chat apps such as FaceTime and Skype.



**Have you tried using the Houseparty or Zoom Apps to not only talk to your friends but play games?**

## Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing.

You could engage in small acts of kindness towards other people, such as saying thank you to someone for something they have done.



**Join in with the national #clapforourcarers at 8pm on a Thursday night to thank our NHS & Care workers**



 HM Government

**CORONAVIRUS  
STAY AT HOME  
SAVE LIVES**

The only reasons to leave home are to:

- ✓ shop for basic necessities, pick up medicine, travel to work when you absolutely cannot work from home and exercise once a day – alone or with members of your household.
- ✗ Do not meet others, even friends or family.

**NHS**

**CORONAVIRUS  
STAY HOME  
PROTECT  
THE NHS  
SAVE LIVES**