



BEESTON HALL SCHOOL

Wellbeing and Digital Learning Guide

Taking care of yourself and dealing with remote learning at home.

‘Our aim is to continue to provide the best possible pastoral support and guidance that we can, whenever needed and to help all pupils thrive in these challenging times.’

Bob Hammond, Deputy Head (Pastoral)



Taking Care of Yourself



Positive thoughts and mindset

Health and Nutrition, eat well

Good quality sleep

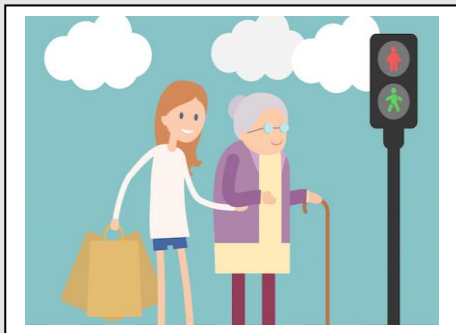
Maintain a schedule

Keep physically active

Make time to laugh and have fun

Doing good does you good

Accepting help and advice



**BE STRONG ENOUGH
TO STAND ALONE,
SMART ENOUGH TO
KNOW WHEN YOU
NEED HELP, AND
BRAVE ENOUGH TO
ASK FOR IT.**

Positive Thoughts

Growth Mindset

Eat Well

Stay Hydrated

Sleep and Bed Times

Physical Activity

Doing Good

One small positive thought in the morning can change the entire outcome of your day.

A positive attitude gives you power over your circumstances instead of your circumstances having power over you.

Eating well leads to: better sleep, more energy, improved mood, better concentration, increased productivity.

Drinking Water: boosts energy, helps the brain focus and helps concentration, it decreases fatigue, helps transport nutrients and goodness around your body

A regular bed time routine and plenty of sleep ensures that you wake up fresh and ready for the day ahead.

Regular exercise has many positive affects on the body and brain not least the fact that it improves memory and thinking skills.

Doing a good deed brings happiness, both for the recipient and the benefactor. Nobody loses when it comes to kindness.

Tips for wellbeing whilst learning remotely:

1. Identify targets and specific aims for each day to try to achieve them.
2. Try to have a designated place for school work to help distinguish between work and free time.
3. Think 'like school': break up day into a range of activities to ensure you can enjoy as much of it as possible.
4. Chat with your friends about things other than school.
5. Be kind to others at home and online. This creates positive feelings and gives you a feeling of self-worth.
7. Eat well and stay hydrated. Make sure meal times are screen/tech free.
8. Try to maintain normal sleeping patterns.
9. Don't forget to say your prayers.

Actions to look after yourselves and each other:

1. Enjoy washing your hands, remember all they do for you!
2. Write down five (or more) things you are grateful for each morning before you start the day.
3. Get out in the fresh air in between lessons and during your breaks.
4. Get good sleep, no screens before bed or in the bedroom!
5. Notice five things that are beautiful in the world around you.
7. Learn something new or do something creative.
8. Send a letter or write an e mail to a friend that you don't see very often.
9. Stay away from screens at weekends.
10. Remember that this current situation won't last for ever.

Online safety tips for pupils.

1. Respect – treat others as you would wish to be treated. This applies online, too.
2. Responsibility – you are responsible for what you choose to do and look at online.
3. Reasoning – lots of people today get much of their news from social media but please remember not all news is real. Fake news has grown enormously in recent times.
4. Resilience – resilience online will be needed from time to time just like in real life.
5. Reporting – if you come across something on the internet that you know is inappropriate don't be afraid to tell your parent/s or carers. They will be able to help you deal with it.
6. Social media settings – You should all be aware of the importance of having your social media settings saved as private and you should be wary of contact with people online that you don't know in real life.
7. Have a go at this quiz regarding online safety. digiworld-my.parentzone.org.uk/digiworld-my/
8. Have a go at these games and questions. thinkuknow.co.uk/8_10/
9. A smart device keyboard that helps you reflect on your online interactions. bbc.com/ownit/take-control/own-it-app

Online safety tips for parents

1. The first line of defence in keeping children safe online are parents and carers. Online risks are there all day, every day, not just during school hours. Having parents and carers involved in their child's online safety at home will ensure that your child/ren are receiving the best possible protection they can.
2. The most important thing is that if something goes wrong your son or daughter feels they can come and talk to you. The way you react when/if your child tells you about a problem they have had will be absolutely crucial to the relationship you have with them 'online'.
3. Filtering – it is recommended that you have some sort of filters in place either on your home network or on the device itself. Further details on how to do this can be found here. <https://www.internetmatters.org/parental-controls/>) to protect children from inappropriate content.
4. Taking an interest in what children and young people are doing online whilst also recognising their need and right to privacy is paramount. Those private conversations that would have taken place with friends at school can't happen for the next few weeks – so parents and carers need to respect the fact that children still need to be able to have those conversations in some way, shape or form. Being too intrusive won't help your relationship.
5. Have a look at the following website, there is a great deal of information, resources and advice on it. parentzone.org.uk/. There are online resources for both children and parents.
6. Childnet.com provides online safety advice for families: childnet.com/
7. This link is training available to you in online safety. [Remote Training & Guides for Parents/Carers](#)
8. Advice for parents from the National Centre for children and families. <https://youtu.be/ZnANLAcPRZ4>

It's okay...

- To acknowledge that this isn't normal.
- To be disappointed about things having to be cancelled.
- To worry about yourself and your family.
- To be frustrated that you have to live through this.
- To feel anxious.
- To need support from others.
- To need some 'me' time.
- To cry and be sad if you need to.
- To share your thoughts and feelings.

Remember...

These 'different' times will come to an end.

You have the personal strength to deal with this.

Make time and make sure to take care of yourself.

Use this time to learn, develop and benefit yourself.

Make sure to take care of your emotional health during this time in order to be able to think clearly and avoid worry.

Self-care during this period will help with how you remember this time.

Should you feel the need to contact any of the School safeguarding team, Mr Leaver is the DSL (Designated Safeguarding Lead), pl@beestonhall.co.uk and Mr de Falbe head@beestonhall.co.uk and Mrs Davies hd@beestonhall.co.uk are the Deputy safeguarding officers. The School Chaplain, Mrs Rees can also be contacted, cr@beestonhall.co.uk or on 01263 802208. However, you can, if you feel the need, e mail any member of staff directly to raise anything with them that you wish to. This is exactly how the system works when we are physically at school.