



Learning and wellbeing support

For school and home
learners



Learning and wellbeing support

- Whether you are returning to school for your prearranged programme or staying at home to stay engaged with distance learning, there are lots of support and guidance points in this presentation for you.
- Please spend time watching the slides; think about the questions that are posed and use this opportunity to reflect.



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- In our own moment of reflection let us close our eyes, pause, think and pray.
- For those we love, for those we miss, for those who need us, for those who have passed, for those who sacrifice for us, for those who are in trouble, for those in pain and for those who are isolated and lonely.
- Read to yourself or follow with your teacher the prayer on the right that asks for inner strength as we face a new day.

A Prayer For Inner Strength

Dear God,

*Please give me the strength to face
the day and to see the many
blessings that it contains.*

*Give me the courage to walk on, no
matter how long the path or how
many turns the road holds.*

*Guide my thoughts so that I walk in
love and peace and with gratitude
stamped on my heart.*



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Safety in and around our school buildings

- Please ensure you follow ALL instructions regarding social distancing, one-way flow, entrances and exits.
- Please be respectful of everyone's space and behave in a polite and considerate manner.
- Do not touch items that do not belong to you.
- Cough or sneeze into the fold of your elbow or catch it in a tissue and bit it.
- Be mindful of others when arriving and leaving the building.
- You must NOT touch others or share ANY items.
- Use the sanitising stations provided.



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Effective washing of hands

This remains the best way of protecting ourselves and others.

Please read the instructions with your teacher.

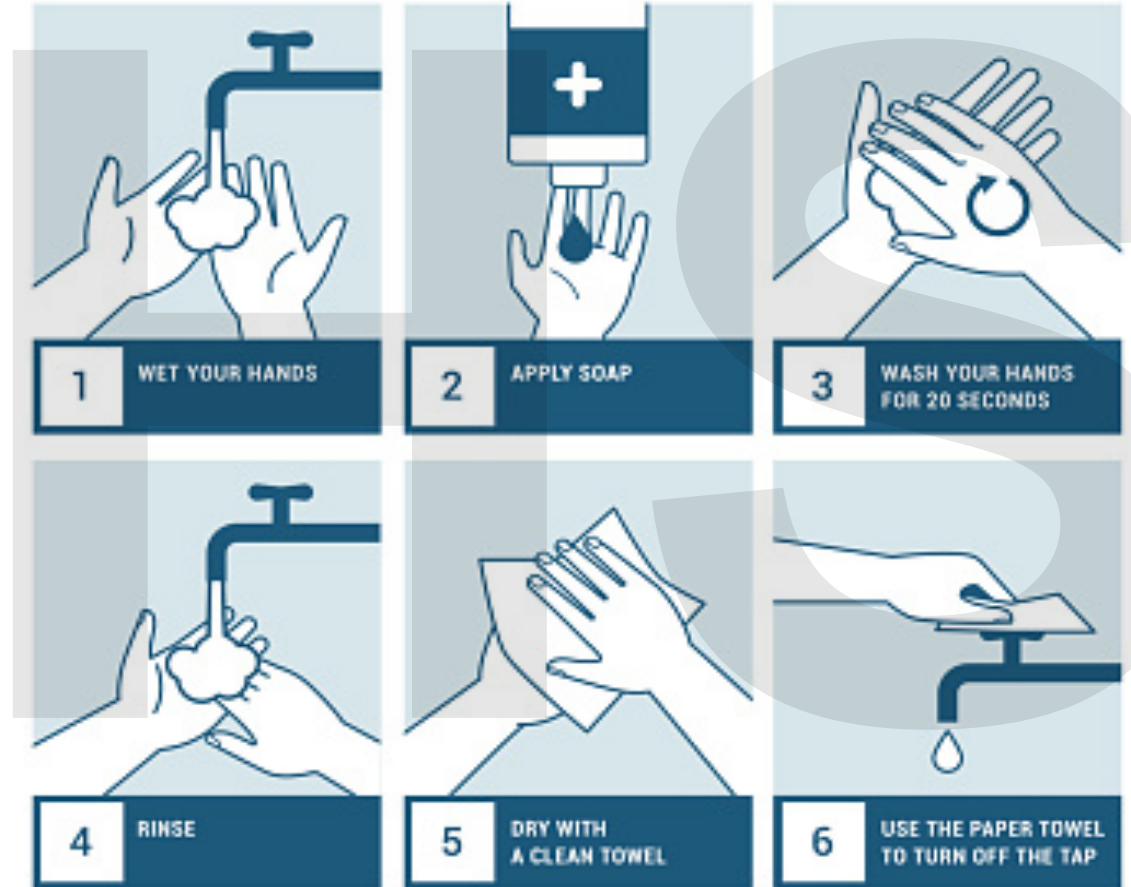
Ask questions if you feel you need to.

It is essential that WE ALL follow and practice these rules when on school site and at home.

There will be an opportunity for your class to visit the toilets allocated to your zone and familiarise yourselves with equipment, facilities and location.

HOW TO WASH YOUR HANDS

PROTECT YOURSELF AND OTHERS AGAINST INFECTIONS



WASH HANDS AND STOP GERMS FROM SPREADING

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How to do it

The pictures show us how to ensure all parts of our hands are clean and safe.

Try doing this while you are in your seat.

Please remember the method each time you must wash your hands.

Clean hands are safe hands.

Step-1



Rub palms together

Step-2



Rub the back of both hands

Step-3



Interlock fingers and rub the hands together.

Step-4



Interlock fingers and rub the back of fingers of both hands

Step-5



Rub thumb in a rotating manner followed by the area between index finger & thumb.

Step-6



Rub fingertips on palm for both hands

Step-7



Rub both wrists in a rotating manner
rinse and dry thoroughly.

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Fire Safety

If the fire alarm happens to sound, please follow the instructions of your classroom teacher.

Exiting the school buildings, behaviours and Muster Stations have not changed.

It is important that we remain vigilant and are aware of the actions we need to take to keep safe.

Your class teacher will run through what to do and where to go.

Please listen carefully and remember our expectations and routes.



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- What do you see in the picture that supports our Gospel Values?
 - Say what you see.
- Share your observations and thoughts.
- Why are these people volunteering?



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- Discuss the picture.
- How is the nurse giving hope?
- Apart from medical support, what else is the nurse doing?
- What characteristics impress you about the nurse?



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- Say what you see.
- Why could there be vulnerability in this picture?
- What are the two people on the right giving to the two individuals on the left?



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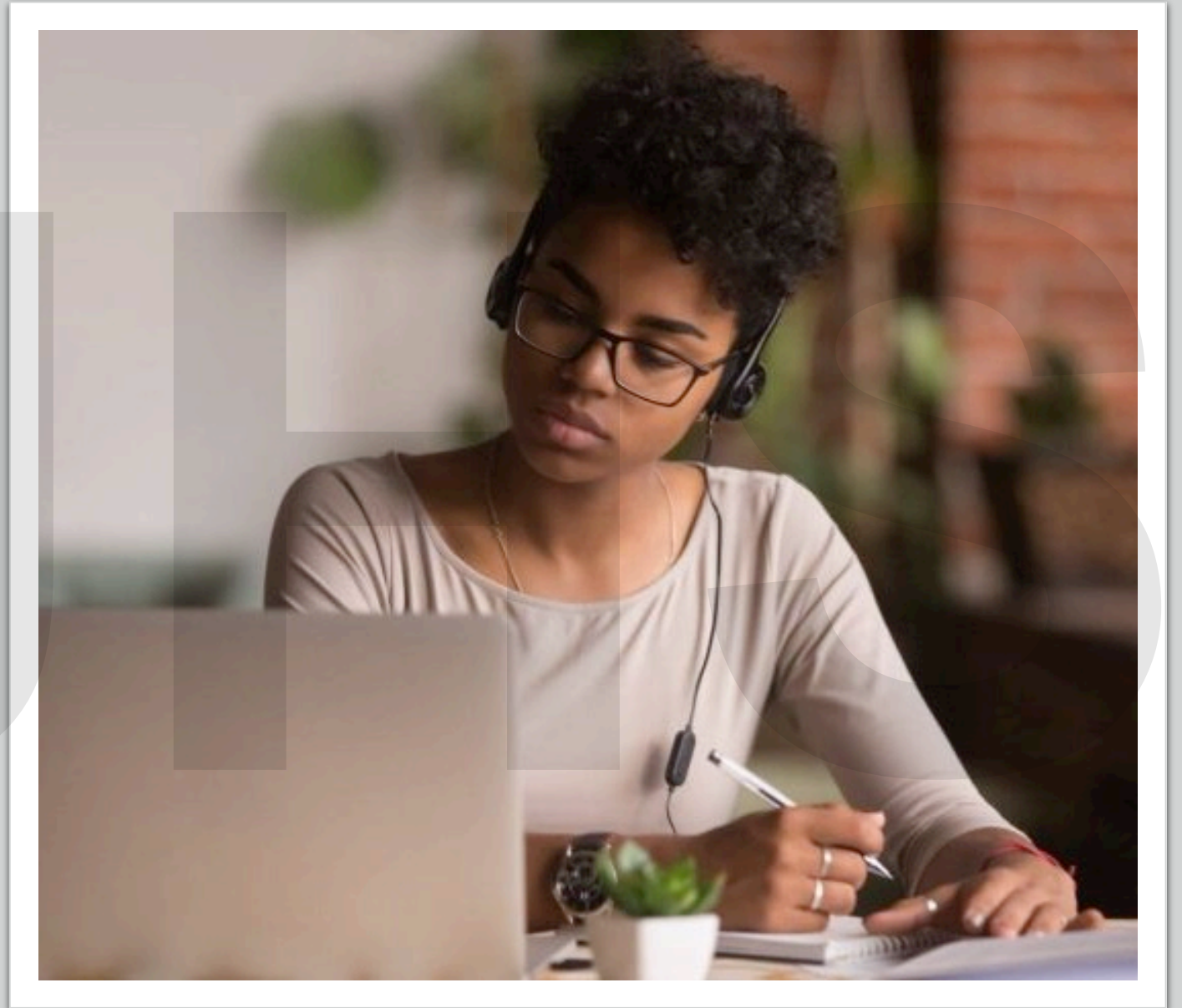
- Who could be helping this young person?
- Why are they helping her?
- Describe why the following words apply to this picture:

Motivation

Resilience

Organisation

Patience



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Click on the link at the bottom and listen to the music.

Take time to shut your eyes, breathe slowly, relax all your muscles and think of only a few key questions:

- What actions or words can I use to be a helpful, kind and considerate person?
- How would you like others to support you?
- What have you learnt about yourself and others over the past weeks?

<https://youtu.be/8lz6ui9Y8c4>





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Please ponder the following key questions about being away from school.

- Have you managed or struggled?
- What have you learnt about yourself?
- What have you missed?
- What have you taken for granted?
- What skills have you had to develop?
- What have you enjoyed?
- What have you disliked?



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Our Distance Learning offer;

- Now please think about how you have approached your schoolwork while being away from school.
- Learning did not stop; it took on a different style and happened in a different way. It required us to adapt.
- This was the same for your teachers too in the way they set your work, communicated with you, gave you feedback, marked your work and then set new challenges.



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Our Distance Learning offer:

- Think about how you responded to the tasks and challenges set.
- How many subjects did you engage with?
- If you missed some out why did you do this?
- When school sent a letter to your family what did it say about your engagement in distance learning?
- Were you happy with what it said?
- If not, why not?
- What changes are you going to make?
- If you were, what are you going to keep up?

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Our Distance Learning offer:

- For those of you who have returned to school your 'bubble teacher' is going to take some notes on how you found the tasks we set you, what you suggest we do differently, what worked well, and whether you have any further suggestions for improvement if we have to continue with distance learning?
- Your feedback is vital for us to reflect and improve as a school.
- Those of you who are at home, perhaps you can do the same exercise but email suggestions and observations to your HOY.



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- Now that you have experienced what distance learning looks like and feels like, what advice would you give yourself if we had to do it all again?



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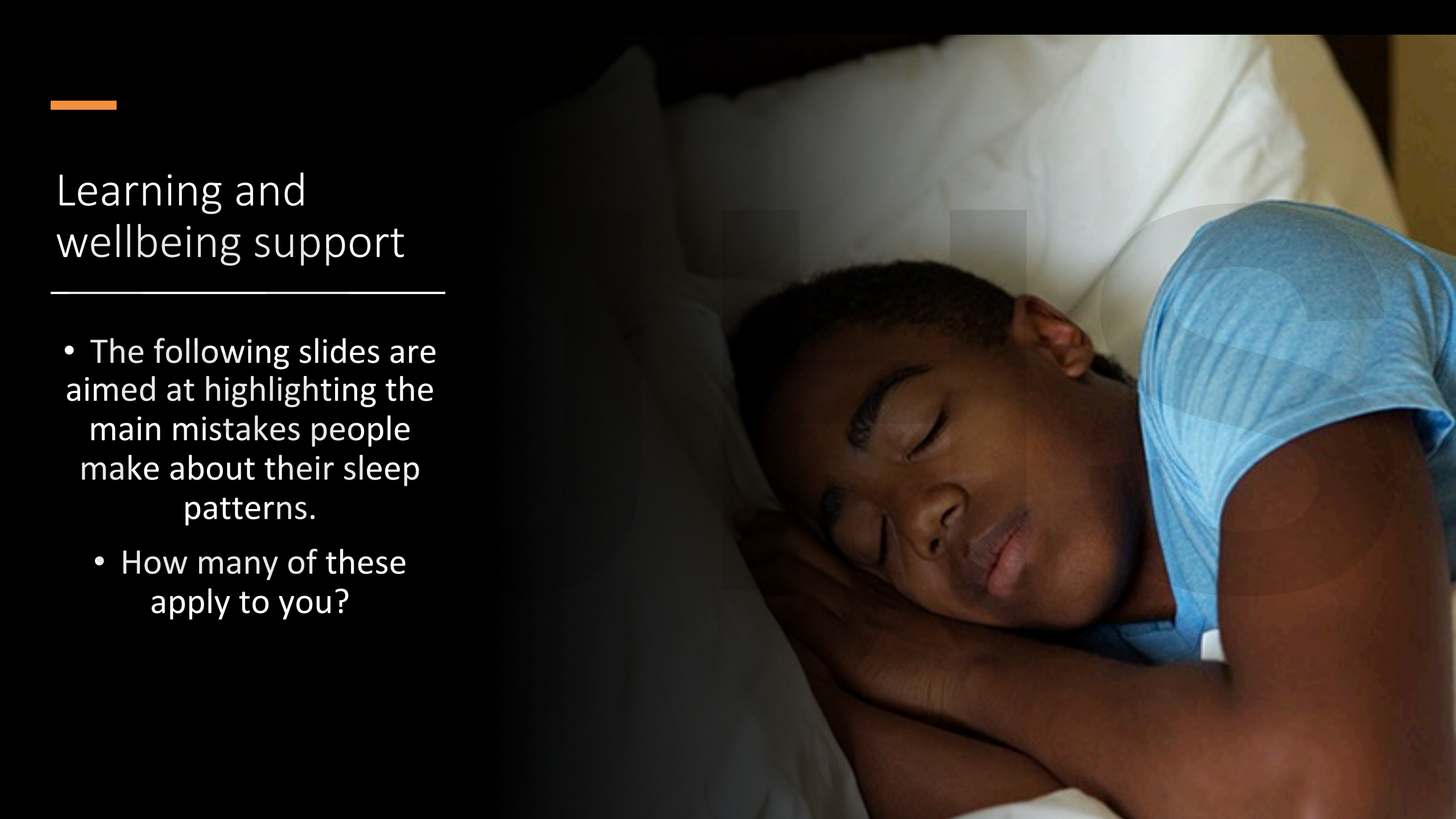
- **Our PSHE topic for this week is SLEEP**

We can not do without it.
Some need it more than others.
It effects everything we do.

Discuss:


- Do you get it right?
- Do you know how much you need?
- What happens if you get it wrong!!
- What affects the quality of your sleep?



A photograph of a person with dark skin sleeping peacefully in a bed. They are wearing a light blue t-shirt and have their hands clasped under their head. The bed has white pillows and bedding. The lighting is soft and warm, creating a calm atmosphere. The image is partially obscured by a dark overlay on the left side where the text is located.

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- The following slides are aimed at highlighting the main mistakes people make about their sleep patterns.
- How many of these apply to you?



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ONE

Watching TV right up until bedtime or watching TV in bed when you should be having quality 'down time'.

- Your brain needs time to switch off and prepare for sleep.
- If your brain is 'racing' then it is still active and working hard rather than slowing down and resting.
- You have been using your brain all day to make conscious and sub-conscious decisions: it needs time to recover.
- Try reading instead.



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TWO

Taking long naps in the day.

- By the time it is bedtime, your brain and body will feel rested and not be ready to switch off.
- Taking a 'power nap' or 'nana nap' is fine as it is short and sweet.
- Anything longer breaks the body's routine.




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THREE

Killing time online.

- Blue light is bad light for your eyes and brain; it acts as a stimulant and keeps the brain working. At bedtime, we need to switch off electricals, dim the lights, and give our brains the atmosphere they require to unwind.
- Medical advice is to not engage with anything electrical 45 minutes before going to bed, even for a quick peek!!





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FOUR

Different bedtimes each night.

- Our brains and bodies like routines so maintaining healthy choices is so important.
- Do not eat late or go to bed on a full stomach.
- Do not snack before bedtime.
- Ensure you have drunk enough water throughout the day.
- Factor some exercise into your day .
- Keep to a set time especially during the working week.



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FIVE

Drinking tea, coffee, pop or energy drinks late at night.

- Sugar and caffeine make the brain more alert by acting as stimulants.
- At a time when we are supposed to be winding down, the last thing we need to do is give the brain extra fuel.
- Having too many of these drinks throughout the day is also bad for our sleep pattern and general health.

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SIX

Waiting to fall asleep before going to bed.

- Falling asleep on the sofa before bedtime is not helpful. By the time you have gone to your bedroom and done everything you need to do, you will be wide awake again!
- Keep to your time routine. Prepare all your things for the next day, brush teeth, wash face, back bag and set alarm.
- Go to bed in a restful state of mind.



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SEVEN

Being on your phone while in bed.

- Ditch the phone at least 45 minutes before bedtime.
- Finish your social media communication before this.
- Be disciplined: no temptations.
- Friends, gaming and browsing can wait.
- Allow your brain the opportunity to switch off and gently drift into a readiness for sleep; this takes a little bit of time and zero distractions.




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EIGHT

Staying in bed when you are unable to sleep.

- If you are finding it difficult to fall asleep at night, then do not wrestle with this issue by just lying in bed.
- Distract your brain by doing some reading.
- If you are thinking about things that concern you about the next day or later in the week, write down a list of things you are going to do.
- If you have thought of some smart ideas, write these down too so they are not bouncing around in your brain and stopping you from falling asleep.
- Do not switch on your TV, phone or game console!!!!





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NINE

Overthinking what lies ahead.

- Try and declutter your brain before going to bed.
- Do not go to bed on an argument or disagreement; try and find an acceptable conclusion.
- Tell yourself everything is ok and you are loved.
- Write down a plan so you are happy with what you are going to do the next day. Organised people sleep better.
- Make sure you talk things through with others so that you do not feel you are struggling alone.



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There is some great additional support that you do not have to look hard for.

- Visit our school website and under the Distance Learning tab there is a wealth of useful information: websites, links, research and Apps.
 - Alternatively, follow our school, Wellbeing and PE dept accounts where there are daily posts about how to look after yourself including health tips:
 - @SJHswellbeing
 - @StJoesRCpe
 - @sjhsnewport
- For sleep specific advice, why not also try
- The Pzizz and Sleepstation apps.

