

## ***Message from Mr Silcock***

Hi Everyone. Firstly, can say a huge THANK YOU to everyone who has taken the time to get in touch with me over this past week. I have had loads of emails telling me all about what you have been up to. These emails brighten my days and I really appreciate them. My hair is getting out of control. I am looking forward to when our Prime Minister Boris Johnson allows hair dressers to reopen! Mr Johnson has said we can go outside more and take more exercise. Make sure you are taking advantage of this. On days when I am feeling down, it always amazes me how much better I feel after some fresh air and the sun on my face.



### **This week.....**

**18<sup>th</sup> May 2020 marks the start of National Mental Health Awareness Week. Now, more than ever before we need to look after our own mental health and that of others. Ask yourself 'what can I do for somebody else today?'. It might be just picking up the phone and speaking to a friend you haven't seen for a while. Little acts of kindness can really make someone's day. LOOK AFTER EACH OTHER!**

### **Mindfulness.....**

#### **Kooth**

Kooth is a free counselling service that Ecclesfield has access to. Please use this if you feel like you need someone to talk to/ want to learn more.

<https://www.kooth.com>

**This is free to access and I know some students have found this useful in the past.**

**Our Community: Jake S in 7IHN Has taken part in a sponsored walk to raise money for Barnsley Hospice. Well done Jake. I am so proud of you using your time productively, in this case for the good of other people. This really shows our ECCO VALUES.**

**Word of the Week: Capacity** – The ability to contain, absorb or hold. The maximum amount that something hold or produce. Eg, The school concert was very popular: the hall was at maximum **capacity**.

## **Keep on Learning**

As well as the lessons and resources your teachers are creating for you online, remember there are other ways you can learn whilst you are at home. Why not try:

- Teaching someone else in your house something new you have learnt this week.
  - Plan and cook a meal that you have never tried before.
  - Teach yourself to count from one to ten in Japanese.

Learning and education is not just about being in a classroom or being connected to the internet. We never stop learning and every day should be a brand new lesson!

### **Mr Silcock's Top Tip**

You don't have to follow your normal school timetable when working at home and online. Don't leave all of your least favourite subjects till the end of the week or all for one day. You can plan your own timetable and leave some of the really fun lessons for when you want to do them!



## Top tips for looking after your mental health and wellbeing when staying at home

1. **Plan your day** - We are all adjusting to a new, rather strange, way of life. This can be a risk to our mental wellbeing.
2. **Move more every day** - Being active reduces stress, increases energy levels, can make us more alert and help us sleep better.
3. **Try a relaxation technique** – Relaxing and focusing on the present can help improve your mental health and lighten negative feelings.
4. **Connect with others** - Staying at home, especially if you live on your own, can feel lonely. Find creative ways to keep in touch with friends, family, and others to help you (and them) feel more connected and supported.
5. **Improve your sleep** - Aim to go to bed and get up at the same time each day, even at the weekend if you can, and try to get some natural sunlight (by opening your curtains and windows) where possible. This helps to regulate your body clock which can help you sleep better.