

The PASCO Press!

Your weekly wellbeing news

Orchard Mead
Academy

Issue 1

We're here for you!

We are all living in unusual times; the idea of a school closure would've seemed unthinkable at the start of the year but yet here we are and all of us are having to get used to social distancing and remote learning.

It is really important to the whole Pastoral Team that you know that despite school being physically closed we are still here for you and your wellbeing remains our absolute priority. This newsletter will be published weekly and will aim to keep in touch with you, offering you advice and support.

More importantly, you can continue to rely on your PASCOs to support you during this time and they can easily be contacted.

All students can email safeguarding@orchard-tmet.uk

- Emails only go to PASCOs
- These emails are checked each weekday during school hours
- Your PASCO will respond and will take any appropriate action, just like they would if you were in school

All students can also still **ring** into school, where a PASCO can speak to you. They will ensure you get contact from your own PASCO and appropriate support. Our telephone number is: 0116 2413371. Just ask to speak to a PASCO.



Support is also available online or by telephone



Greetings from your PASCOs!

This is an unusual time for you all and we know that many of you will be missing the familiarity of school - friends, teachers, your PASCOs, despite what you might say out loud!

We wanted to let you know that you are not alone and that we, the Pastoral Team, are looking at ways that we can stay in touch with you over the coming weeks.

Our newsletter will be weekly. You can get this:

- On our website
- On our academy Twitter feeds
- Via your school email address

We have also created our

own Twitter account where we will post advice and support links in connection with your:

- Mental Health
- Physical Health
- Safety
- Personal Development
- And more!

Remember you can call or email us any time and we will get back to you. We want you to feel like you can get the same help and support that you would normally receive whilst school is closed.

The following support helplines are also worth noting, just in case:

Useful helplines:

- Duty and Advice Service (Children's Social Services): 0116 454 1004
- Childline: 0800 1111. www.childline.org.uk
- NSPCC: www.nspcc.co.uk
- The Samaritans: 0116 123
- Mind (mental health support): www.mind.org.uk/information-support/
- Kooth - Advice and support for young people: www.kooth.com/
- Health for Teens: www.healthforteens.co.uk
- UAVA (United against violence and abuse, do-

Hello to Chiron House from Ms Lowe-Spicer!

Hi Chiron!

I hope you are all staying safe (indoors) and keeping your spirits up. Remember to stay active and do things that make you happy. In this trying time we must look after ourselves and the people closest to us. Here is my email if any of you want to talk: mlovespicer@orchard-tmet.uk. See you all soon, and remember to WASH YOUR HANDS!!



Greetings to Phoenix House from Ms Loveday!

Hi everyone, I hope that you are all keeping safe and working hard and not lying in bed all day! I look forward to seeing you all as soon as this is over. Take care.

Hello to Griffin House from Ms Hill!

Hi Griffin! I hope that you are all keeping safe and well. Make sure that you look after yourself and your families, and that you take on-board all of the advice that you are given. If we all do our bit everything will be fine and we will be back together soon. Keep smiling!

Greetings to Arion House from Ms Rose!

Hi to everyone in Arion House. I really hope that you are staying safe and working hard. Don't forget to keep up with your school work, but also take some time to look after your wellbeing too. Be kind to yourself and others. Stay safe. See you soon.

Boost your wellbeing and look after your mental health...

1. Avoid information overload:

We can get updates 24hrs a day, on all different platforms but this isn't good for our mental health. Rumour and speculation can fuel anxiety so this should be avoided. For reliable information try:

- BBC bitesize
- Newround
- Gov.com

2. Stay connected:

Whilst it is vital to stay in doors and practice social distancing, this doesn't mean that we should lose touch with our friends. Sensible use of your online social media will help you to stay connected. Be creative and plan joint quizzes, virtual movie nights or book reviews for example. Check the back page for advice on staying safe online.

3. Be physically active:

We know that the guidance tells us to stay inside wherever possible but you can still take exercise. Get outside in your garden, complete the Joe Wicks PE lessons each day on YouTube, try some old fashioned playground games with your family, walk the dog (keep your distance)...there's plenty to do and being active will bring many benefits

4. Be mentally active:

Mental activity is vital. You will be completing your school work, which is great. Make sure you have variety in the subjects you cover in a day. Also try doing crosswords, playing board games with your family, play cards...the list is my endless!

5. Learn a new skill

You will never have this much free time again in your life so it is a perfect opportunity for you to learn a new skill. What have you always wished you could do? There are YouTube tutorials on literally everything so teach yourself something new

6. Relax

Try deep breathing exercises to help you to relax and slow down. Try the **4-7-8 technique**, focus on the following breathing pattern:

- empty the lungs of air.
- breathe in quietly through the nose for 4 seconds.
- hold the breath for a count of 7 seconds
- exhale forcefully through the mouth, pursing the lips and making a "whoosh" sound, for 8 seconds.
- repeat the cycle 4 times

Try one thing!

See our suggestions to help break the boredom:

- Keep a **diary** - you are literally living history right now!
- Organise a family '**Come Dine With Me**' challenge—take turns to cook each evening and score out of 10
- Create a **virtual quiz night** - engage family and/or friends at the same time each night on Whatsap or similar, take turns to set the quiz and keep a Leader Board
- Get in the **garden** - take a ball and practice your keepy-uppies, build something, have a go at growing something or just enjoy the fresh air
- The **National Theatre** are live streaming famous performances every Thursday for free on YouTube - grab some popcorn and enjoy from the comfort of your front room!
- Indulge in a great book - Amazon are allowing you to download audio books for free, as is David Walliams. Find something that hooks you and challenge yourself to read it all!

Stay safe online...

We know that you will be spending more time online as you move towards more remote learning and virtual socialising. Have a look at the tips below to help you to stay safe.

Keep your privacy settings high and don't share personal info online:

Take the opportunity to check that your privacy settings are set to 'Private' and that your information can only be seen by trusted friends and family. Don't accept requests from friends that you don't know in real life.

Don't accept online bullying:

It is more vital than ever that we treat each other with kindness. Never do or say anything online which could hurt another person - treat everyone how you would like to be treated.

If anyone upsets you online, do not respond, block their number and report them. Tell a trusted adult who can help you.

Be careful when choosing social media platforms:

There are lots of new social media platforms being generated to help people to talk and stay connected during social distancing. We really urge you to be careful and research any platforms that you wish to use. Some are used by unsuitable adults who try to groom young people, others are used to attempt to hack your accounts for criminal purposes.

Get up to date info on your chosen apps here:

- <https://nationalonlinesafety.com/hub/guide>
- <https://www.net-aware.org.uk/>

These websites allow you to search for your chosen app and check out its safety before using

Don't give in to pressure:

It is possible that other people might try to pressure you in to doing something that you don't want to do or would never do in a face-to-face situation. It is really important that you resist that pressure. Use the block and report approach for anything that makes you uncomfortable. Seek help from a trusted adult. Remember that once you press 'Send' you have lost control of any of your images or information—it is out there and cannot be retrieved. Your images can be used by others and usually stays forever. Protect your reputation. **Think before you Send!**

Abide by the law:

You will want to be able to stream music and watch movies during periods of relaxation throughout this time. However, please be sure to do this legally. Check the streaming platforms that you are using are reliable, trustworthy and legal.

Take particular care with webcams and video chats:

Think about who you are talking to - only talk to trusted friends and family. Think about what can be seen by your camera, including in the background as this can give away personal info about you. Be aware that webcam or live video footage can also be recorded by someone and then potentially shared and uploaded anywhere online. Some video chat services allow you to chat to and see strangers online which may put you at risk of seeing pornographic or violent content or sexual behaviour on camera. We advise you to avoid this. You should always report this behaviour to the website/service and use blocking tools if available.

Take regular breaks:

Avoid spending too much time online. It is important that you build in regular breaks, do something active and just give yourself a break from screen time. Also, avoid using your phone, tablet or computer before bed as this can really disrupt your sleep patterns.

