



Orchard Mead
Academy

The Pastoral Press!

Your fortnightly wellbeing news

Issue 2

. Work Hard, Be Kind, Be Responsible

Welcome to the second edition of our wellbeing newsletter! We hope that students and their families are keeping well during this time. We certainly miss having our school full of happy chatter and busy students; although school remains open for some students and those students are doing very well, it isn't quite the same as having a full school and can be eerily quiet on some days!

We are really proud of how well you are working from home. It has been a huge adjustment for everybody and, like always, Orchard students rise to the challenge and adapt. Last week over 26,000 learning tasks were set and 93% were completed on time — this is excellent and a real testament to our Orchard Oath '**Work Hard**', '**Be Responsible**'.

Students in our DSP, **Cherry Wood**, have really been demonstrating our Orchard Oath too, with their fantastic support in getting food parcels ready for delivery. Students have worked to put together fantastic food parcels for some families in our communities and have enjoyed the challenge. They are living examples of our Oath to **Be Kind and Be Responsible**.



Getting food parcels ready

Food Parcels

The academy wants to do what it can to support families who may be struggling with food at the moment.

Please get in touch with your AHOY if you need a little help

Need to speak to us?

Your AHOY is contactable everyday - you can call the school on 0116 2413371 and ask to speak to the AHOY on duty or you can email us on:
safeguarding@orchard-tmet.uk

You can get in touch with your teachers by email too - their email address is firstinitialsurname@orchard-tmet.uk so, for example, klowe@orchard-tmet.uk for Ms Lowe

Get Active, Stay Happy...

We know that a further lockdown was the last thing that anyone wanted in the new year but the government have taken this step in order to bring cases of Covid-19 under control and allow them to get a vaccination programme underway.

We know that this might be frustrating to hear but it is really important that we remember that this advice is for **our safety and the safety of our loved ones.**

We must continue to pull together and to be as strict with ourselves as we have been so that we can get control of the virus, support our NHS and protect the most vulnerable in our society, if we do that together then life will return to normal more quickly.

Despite this disappointment there are still things that we can do, particularly in relation to staying positive. We know that physical activity is really important for our mental health and, luckily, outdoor exercise is still allowed

during this lockdown.

Try these ideas to get you moving, improve your fitness and make you smile!

Get out in the fresh air—walk, run, cycle, scoot—it doesn't really matter what you do but just plan in some time to be outside. Being amongst nature is also really good for our mental health.

Join a virtual fitness class—there are literally thousands of online workout videos for you to try so there's bound to be something that suits your personal taste. You could try yoga, HIIT, Dance, and good old Joe Wicks to name but a few.

Get an APP - there are tons of Apps that you could try—check that they are free, even some premium sites have stopped charging during the pandemic. Apps like Nike Training Club and Gymshark

are offering free training programmes as well as expert tips so check them out.

Play with family - so long as you stick to the rules and only mix with those in your household you could try out some versions of sports with your own family members. Is there a version of football, basketball or cricket that you could invent to suit your numbers? You could build an obstacle course, play hop scotch or a skipping game. Let your imagination run wild and enjoy yourself.

Help out—household chores and gardening can also improve your fitness and your sense of wellbeing. Get involved and give family a hand—you'll get extra brownie points too!

Whatever you choose to do, stay safe, take care and stick within the guidelines.

Things to do if you're bored!

Cook or bake—make a meal for the family or some cupcakes.

Clean out your wardrobe—get some music on and clear out all the junk that's been accumulating for years!

Read a book—challenge yourself to read something new. There are loads of free books online. Check out our library Twitter for inspiration

Write a letter—people rarely do this but receiving a thoughtful letter beats a paragraph on Whatsap any day! Choose nice

paper and take your time. An elderly relative or neighbour would really appreciate this. Another idea could be a thank you letter to a teacher or parent. A real way to butter people up!

Do a jigsaw or a crossword—take time off of your screen to exercise your brain in a different way.

Make a photo album—if you're lucky enough to have a printer take some of your favourite pictures out of your mobile and into a homemade album. Add colour, pictures and memories to bring your pics to life.

Learn a new skill—there's plenty of YouTube tutorials for pretty much anything you want so challenge yourself!

Write a Bucket List—this is essentially a list of things you'd like to do or experience across your life. Seeing your goals written down can make you more determined to achieve them

Call someone who might be lonely—a lovely thing to do and especially during a lockdown. Do you have a friend or relative who might be feeling down? Reach out. Don't text—call!

Making the most of remote learning...

We have been so incredibly impressed with the work done by our students remotely. However, if you know you could do better, try the tips below. Whilst school remains closed at the moment, it is important to remember that this will not be for ever so keeping up with school work is vital so that you are not behind your friends when you return.

Try:

Treat home learning like classroom learning: At school, we don't allow you access to your mobile phone because it significantly impacts on your learning. Try to be as strict with yourself at home and avoid distractions if you can. Put your mobile away, turn off the TV and focus on the task. If possible, try to do your learning in a quiet area of the house.

Stick to a plan: Create a routine which you stick to.

Have a regular time to wake up and be at your first lesson on time. Take your break and lunch as you'd do at school.

Know your passwords: You have been given your passwords for Class Charts, Educake and other school based platforms. If you need a reminder then just contact the school and we'll be happy to help. Remember to keep these passwords safe.

Keep in touch: Even outside of your regular lesson slot, your teachers are here to support your learning and answer any questions that you may have so don't struggle on in silence. Get in touch by email with any subject teacher and they will be happy to provide extra help and advice to get your work complete.

School Places

Orchard Mead Academy remains open for students whose parents are key workers. This includes students whose parents who work for the NHS, are carers, police, prison workers, delivery drivers and supermarket workers.

If you think you may be entitled to a school place, please get in touch with your Assistant Head of Year.

In addition, AHOY have offered school places to any student with a social worker or who is looked after. Again, please get in touch with us if you think you need a school place and we will look to see how we can support you.

If you need support with a device so you can access learning from home, please contact our reception.

Use: first initial, surname @orchard-tmet.uk. Eg. klowe@orchard-tmet.uk

Use classroom language: For any communication with your teacher or about your learning you must use only language that would be suitable in the classroom. Avoid slang or text speak or saying anything that would be considered inappropriate.

Don't use school platforms to discuss personal issues: Your school email is for school based work only. Do not use the 'Chat Bar' or any school sites to discuss personal stuff, send images or messages. We monitor your use of these and of anything you access with a school device and would take action as needed.



Creative ideas to improve your wellbeing

There are always things that you can do to ensure that you are feeling positive and dealing with any worries in a constructive way. Remember, worries, stress and anxiety are not bad things - these are natural reactions which humans have and we need a certain amount of each in order to keep ourselves safe - but we do need to keep them under control and find ways of dealing with them.

Create a Feelings Diary

A Feelings Diary is a great way to identify and track your feelings. It can help you to identify how you've been feeling and why. Once you've completed an entry you can start to see if there are any patterns to your feelings (Do you feel more anxious on Mondays for example?) and then you can plan ways to change your feelings. Add pictures, colour and decoration to your diary to really personalise it. Try these headings:

Today I felt....	One thing that made me happy was....	One thing I'm grateful for is....	One thing I can change is....

Make a Worry Jar

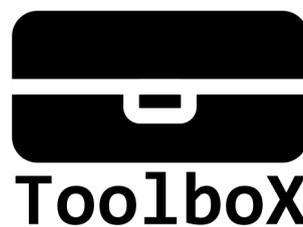
A worry Jar is a place where you can put any worries that you might have so that you don't have to think about them all of the time. Find a container of any kind, it doesn't really matter what it is. You can decorate your jar and personalise it. Write your worries on a small slip of paper, fold them up and then put them in the jar. The act of 'putting them away' can help. You can time yourself for 10 minutes each day to pick out a worry and think about it but once the 'worry time' is over put the worry back in your jar. Soon you'll find that you pick out a worry and realise that you're not worried about it anymore—when that happens, throw the paper away!

Develop your own Coping Toolbox

Your Coping Toolbox can be something that you turn to when you need a bit of extra support to relax and to switch off from things that might be making you worry.

Find yourself a box and, again, decorate it to make it feel special.

Inside the box put things that you know help you to feel better—you could add things like a bar of chocolate, a DVD of your favourite film, some photos of great memories that you have or a magazine you'd like to read. Put your chosen items in the box. You could also add ideas that you know help you—maybe write a few down such as breathing exercise or relaxation techniques. You could make a Toolbox with friends - each write a few positive reminders and compliments to each other so that you can read these if you ever need your Coping Toolbox.



Create a 'Helping Hand'

A 'Helping Hand' is a visual reminder of the people and things that can help you to manage your worries. Get a sheet of plain paper and draw round your hand. On the palm of the hand write down the things you're worried about. Then, on each finger and on the thumb, write the name of a person you could turn to—this might be parents, friends, teachers, other professionals. You can decorate the hand—make sure the names really stand out to you so you know that you have people around you who you can turn to. You could also create another hand, listing the things that can help you (or add these instead of people if you prefer). You might add things like exercise, deep breathing, having a bubble bath, playing X Box...it's your hand so you choose! Put your hand up somewhere that you can easily see it or where you can get it out and refer to it if you need to.

