



Orchard Mead
Academy

Pastoral Press!

Your wellbeing news

We're here for you!

Happy New Year to you all! It is bewildering to not be able to offer this greeting to you in person - we want you to know that we were all very much looking forward to seeing you on 5th January and to hearing all about your Christmas break. However, we are now facing the beginning of another national lockdown and a further period of online learning. We know that Orchard Mead students are embracing this and are demonstrating their full commitment to learning in this way - we are proud of you!

We want students (and their families) to know that online learning is massively important. Teachers are planning and delivering your lessons as normal and it is important that you join these in line with your timetable so that you don't get behind. If you are having any difficulties accessing your learning please email your subject teacher or admin@orchard-tmet so that we can resolve this with you. If you need help with access to a device for learning, again please email admin@orchard-tmet.uk or call the school on 0116 2413371 so that we can help.

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

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

All students can email safeguarding@orchard-tmet.uk

- Emails only go to the safeguarding team
- These emails are checked each weekday during school hours
- Your AHoY 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 an AHoY can speak to you. They will ensure you get contact from your own AHoY and appropriate support. Our telephone number is: 0116 2413371. Just ask to speak to a DSL.

Getting support...

A further full lockdown will have come as a surprise to many of you and we know that many of you will be missing the familiarity of school - friends, teachers, your AHoY.

We wanted to let you know that you are not alone and that we miss you too. However, we will stay in touch:

Our newsletter will be available fortnightly. We also have 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!

Follow us @orchard-safe. Look out for our wellbeing videos too!

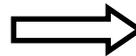
Remember you can call or email us any time and we will get back to you. We want you to feel like you can get the same help and support that you would normally receive.

Email: safeguarding@orchard-tmet.uk

Call 0116 2413371

Outside of school there is also a wealth of support that you can access for free and in confidence.

On the right we have included a number of useful helpline numbers



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, domestic violence support): 08088020028



Stay mentally healthy...our 'Top 5 Tips'

1. Create routine

Having a routine is really important for your mental health but will also help to ensure that you don't fall behind with learning:

- Stick to a regular bedtime. Get up at your usual time each morning
- Have breakfast and get dressed—avoid the temptation to stay in your PJs!
- Be ready to log in to your first lesson on time. Have pen and paper on hand, just in case
- Follow your usual timetable
- Build in a break and lunch. Keep hydrated.
- Plan in time for fun/relaxation after learning finishes

2. Stay connected:

Whilst there is currently a clear STAY AT HOME message from the government, 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.

Try to have 60 minutes of physical activity each day. You could:

- Ride your bike, scooter or even roller skate—be careful!
- 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. Talk about your worries:

It is common to feel worried at this time and you are not alone - feelings, no matter what they are, are valid and understandable. Find someone you can talk to—your parents, friends,

teachers or try one of the advice lines on the page opposite. Even writing down worries can help you to manage them so you could try keeping a notebook or journal.

5. 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

Also try listening to music or to a mindful app to help you to switch off. You might find a warm soak in the bath useful to help you to drift off.

Remember to limit the amount of news you watch and only use valid sources, as this can add to our stress levels.



Stay safe online...

You will be doing more remote learning and virtual socialising than ever before. Please make a note of these tips in order to keep yourself 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 teachers, 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.

For live updates: Follow us on Twitter - @orchard_safe

