



THE CORBET SCHOOL

We are fully aware that for the vast majority of pupils and parents/guardians, the thought of an unknown amount of time at home without physical contact with friends, loved ones and a 'normal' routine is a scary prospect.

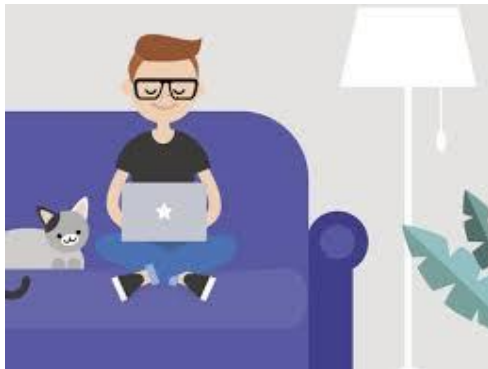
This pack has been designed for everyone; pupils and parents. It is not just for those who are going through particularly difficult times. There are ideas and suggestions in this pack that everyone can try to make the unprecedented situation we are facing just that little bit easier.

Contained within this pack is information about pupils working from home, associated expectations, suggested guidelines, and ways in which parents/guardians can support the pupils.

Also within this pack are ways in which support can be found, whether that be through the school or through other agencies. Please do not be offended by some of what you find; while there are links to support that will not be for you, for one person it may be just what they need to get through the difficult times ahead.

Please remember parents and pupils, this is still your school; together we can get through whatever the coming weeks and months throws at us.

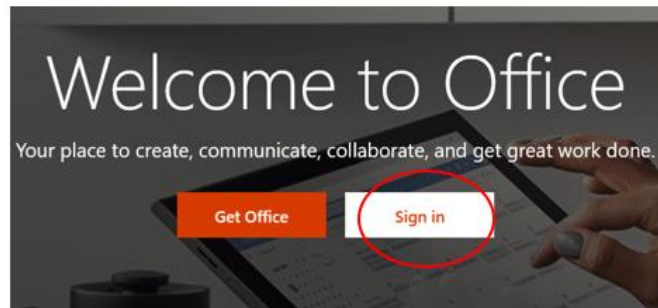
Working from home



- Pupils working from home is very different from when they are in school. Expectations of pupils need to reflect the fact that independent work is very taxing. **Please be realistic about home schooling.**
- **In Years 7-9**, we will be setting 2-3 pieces of work on Show My Homework each day. In addition, they should be doing some daily reading and spending a little time on some of the wellbeing ideas in this pack.
- **In Years 10 & 11**, we would expect pupils to stick to their normal timetable and be completing a piece of work/revision for each lesson they would normally have on that particular day. Specific work will be set on Show My Homework.
- **The approximate amount time to be spent on each piece of work will be detailed below the description on Show My Homework.**
- **All pupils should be accessing Show My Homework on a daily basis to ensure they don't miss work or messages from their teachers.**

How to sign in to Office 365

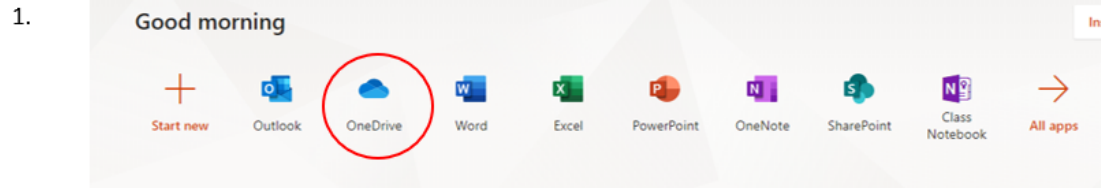
1. <https://www.office.com/> or Google Office 365
2. Press sign in



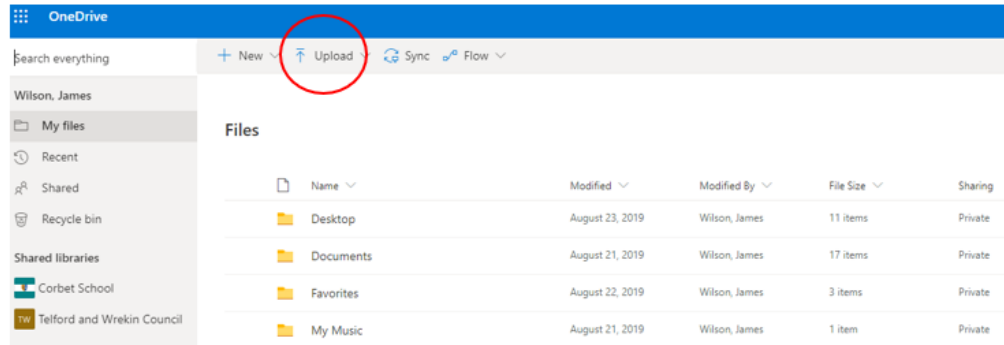
3. Sign in with your email address and password.
Log in – their full email address e.g. Joe.bloggs@corbetschool.net
Password - the same as they use at school.
4. You should now see your homepage.



How to upload your work to your OneDrive



2. Once you have found the folder you would like to save your work into, Press Upload!



3. You then Press "File" and find where you saved your work, this could be anywhere depending where you saved it.

4. Press open and you're work should be uploading.

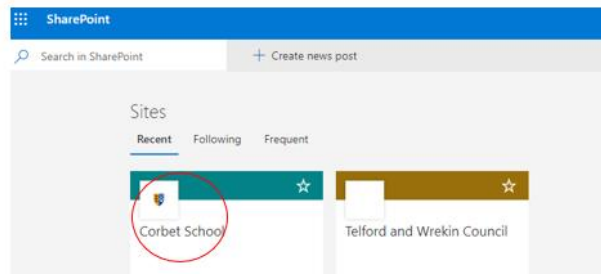
5. Done!

How to access Student Resources

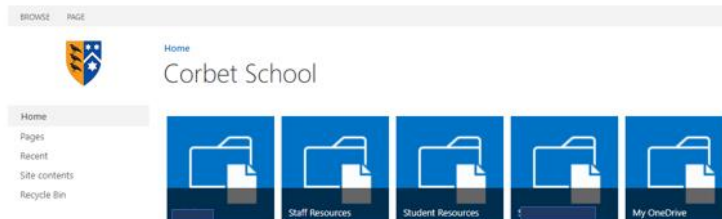
1.



2.



3. Now you can see all the drives and you can use them as normal like you would in school!



Working from home - support



- Remember you are not alone. Your teachers are still available to support you.
- Ask for help when needed; don't be afraid to say if something seems confusing or you need extra support.
- Use messaging on Show My Homework to contact your teachers.
- If a particular task is causing stress, contact your teacher and then move on to something else - you should have plenty to do.
- Try to keep on top of your workload to avoid feeling overwhelmed.
- **If pupils would like to request feedback on a particular piece of work, they should save it in their OneDrive and then message their teacher using Show My Homework to ask them to mark it. In the message, pupils must clearly identify where the work is located within their OneDrive and what it is called.**

Working from home - support



- Email admin@corbetschool.net if you can't get hold of your teachers on Show My Homework.
- If you have problems with Show My Homework logging in, please email admin@corbetschool.net.
- If you have problems with Office 365 logging in, please use a personal account and email james.wilson@corbetschool.net or mark.davies@corbetschool.net.

What wellbeing looks like

- Interactions with family and friends
- Healthy eating
- Regular sleep patterns
- Communication with others
- Work/life balance
- Other interests
- Physical activity



Signs and symptoms to look out for

- Change in sleep patterns
- Becoming withdrawn
- Friendship groups: can become less or more social than usual
- Change in eating patterns
- Change in appearance
- Personality shifts
- Problems with concentration



Wellbeing – What can parents/guardians do?

Model and
promote Healthy
eating

Encourage down-
time

Create
productive habits
& work routines

Interactions/
listening

Encourage
exercise (and join
in too!)

Monitoring social
media access

Make this personal to you, decorate, adapt it to work for you and keep it safe. Use it whenever you need it.

Wellbeing Toolkit for _____

Things that
calm and
soothe me

(and make me feel
happier):

Things I should try to take
NOTICE of:

People I can
CONNECT with:

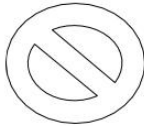
Things I can
GIVE:



Things I can
LEARN:

Things I can do to
keep **ACTIVE**:

Things to avoid that can make me feel worse:



In a crisis I need to:



Includes the
[5 Ways to Wellbeing](#)

[@AliceHoylePSHE](#)

Weekly timetable

| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|-------|---------|---------|-----------|----------|----------------|----------|--------|
| Morning | 7-8 | Gym | | | | | | |
| | 8-9 | | | | | | | |
| | 9-10 | ECO 101 | | | | | | |
| | 10-11 | | | | | | | |
| | 11-12 | | | | | | | |
| Afternoon | 12-1 | | | Lunch | | | | |
| | 1-2 | | | | | | | |
| | 2-3 | | | | | ECO 101 assign | | |
| | 3-4 | | | | | | | |
| | 4-5 | | | | | | | |
| | 5-6 | | | | | | | |
| Evening | 6-7 | | | | | | | |
| | 7-8 | | Soccer | | | | | |
| | 8-9 | | | | | | | |
| | 9-10 | | | | | | | |

Build in structure

- Try to maintain a routine similar to your normal day/week (e.g. weekday and weekend routines)
- Have allocated time for work and for rest
- Maintain habits (e.g. dress in the daytime)
- Make time for what you love
- Break your day/week into chunks
- Plan your time - BBC has good templates for planners www.bbc.co.uk/bitesize/articles/zn3497h
- Build in social contact; distance physically but don't become socially isolated



BBC

THE MIND SET

WEEKLY PLANNER

| TIMES | | | | | | |
|-----------|--|--|--|--|--|--|
| MONDAY | | | | | | |
| TUESDAY | | | | | | |
| WEDNESDAY | | | | | | |
| THURSDAY | | | | | | |
| FRIDAY | | | | | | |
| TIMES | | | | | | |
| SATURDAY | | | | | | |
| SUNDAY | | | | | | |

30 DAILY TASKS



30 tasks to do to keep yourself occupied for the next 30 days.

| | | | | | |
|--|--|---|--|--|---|
| <p><u>Day 1</u> Leave a Happy note for someone else to find in your house.</p> | <p><u>Day 2</u> Make a card for someone's birthday/celebration coming up</p> | <p><u>Day 3</u> Call a relative or friend who is far away and have a chat with them.</p> | <p><u>Day 4</u> Go out into your garden and focus on nature's beauty.</p> | <p><u>Day 5</u> Make a cup of tea for someone and sit for 5 minutes and have a chat.</p> | <p><u>Day 6</u> Visit the MindMate website and explore the resources.</p> |
| <p><u>Day 7</u> Visit a virtual museum! Go online and explore the collections online.</p> | <p><u>Day 8</u> Get in contact with a local care home and arrange to send a letter to one of the residents.</p> | <p><u>Day 9</u> Turn your devices off and enjoy spending some time with a sibling or parent/carer.</p> | <p><u>Day 10</u> Use your phone or camera to take 5 pictures of objects in your garden or home.</p> | <p><u>Day 11</u> Say something positive to everyone in your household today.</p> | <p><u>Day 12</u> Do something helpful for a friend or family member today.</p> |
| <p><u>Day 13</u> Do a chore in the house without being asked to do it.</p> | <p><u>Day 14</u> Send a positive text to all your friends.</p> | <p><u>Day 15</u> Listen to your favourite song and dance around the room.</p> | <p><u>Day 16</u> Stay off social media today and keep yourself occupied.</p> | <p><u>Day 17</u> Take a selfie and note down 5 things you like.</p> | <p><u>Day 18</u> Play a game that you haven't played in a while.</p> |
| <p><u>Day 19</u> Hoover the stairs or a room in your house.</p> | <p><u>Day 20</u> Find a colouring in picture on the internet, print it and complete it.</p> | <p><u>Day 21</u> Bake some buns and sit and enjoy one in the garden.</p> | <p><u>Day 22</u> Sit down in a silent room and focus on your breathing for 5 minutes.</p> | <p><u>Day 23</u> Call a relative and have a chat with them.</p> | <p><u>Day 24</u> Find a workout video online and do it.</p> |
| <p><u>Day 25</u> Write a blog about something you enjoy doing.</p> | <p><u>Day 26</u> Use the internet to research easy to do crafts and try one at home.</p> | <p><u>Day 27</u> Watch a film with a family member and make sure you turn your phones off.</p> | <p><u>Day 28</u> Make sure you get 8 hours sleep tonight. Note how you feel the next day.</p> | <p><u>Day 29</u> Draw a picture of what you see in your garden or out of your window.</p> | <p><u>Day 30</u> Write down 5 things you are thankful for in your life.</p> |



Remember the basics

- Get some fresh air*
- Go outside, preferably in the mornings/ during daylight*
- Exercise at regular points throughout the day
- Keep hydrated
- Try to maintain regular meal times
- Eat a balanced diet - An idea: Have a “canteen” and give pupils a budget for the day. Some creative pricing can encourage healthy choices!

* If it is safe to do so and bearing in mind any government advice.



An illustration on the left side of the slide. The top half features several overlapping speech bubbles in bright colors: yellow, blue, dark blue, magenta, and red. The bottom half shows a row of seven stylized human silhouettes in various colors (dark blue, magenta, orange, yellow, red, green, and grey). Below these silhouettes is a grey rectangular area with white outlines of the same silhouettes, suggesting a reflection or a digital interface.

Stay connected

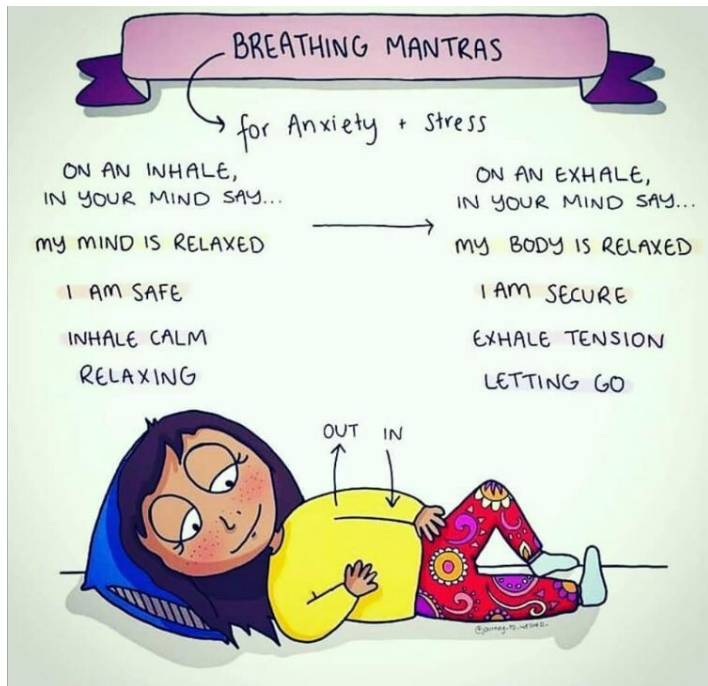
- Make time to connect with family and friends online or virtually
- Schedule regular catch ups – use WhatsApp, Facetime or Messenger Video calls
- Use appropriate technology wisely (e.g. Netflix watch parties, gaming apps with chat function) but safely and only within your own existing social circle
- Be kind – remember others may also be finding this situation challenging



Keep moving

- Your daily activity will be reduced if you are at home, so it is important to build movement into your routine
- Your usual exercise method may no longer be available
- Use this opportunity to try something different
- YouTube and other apps have tutorials and guided workouts
- Try HIIT (High Intensity Interval Training), or more gentle exercises such as Yoga or Pilates
- PE with Joe Wicks - www.youtube.com/watch?v=6v-a_dpwhro
- Go outside into the garden and play a game
- Take care not to injure yourself – work within your usual fitness levels and take it steady

Breathing



- Breathing is really important for dealing with stress and anxiety
- Take time each day to focus solely on your breathing
- There are many apps that can help you with your breathing and how to develop good meditation techniques through breathing.

Mandalas/mindful colouring



- Creative activities encourage *flow*
- Slows breathing and heart rate
- Allows self-expression
- Time together
- Can encourage “accidental” conversations
- Provides a mental pause

www.free-mandalas.net



Music

- *Can* reduce distractions
- Sets a mood for concentration *or* relaxation
- Can build routines
- Reduces anxiety
- Search calming music on YouTube





Journaling

- Helps process emotions
- Allows self-expression
- Reduces stress and anxiety
- Improves self-awareness



Journaling prompts



- The main thought in my head today was...
- Right now I feel challenged by...
- I feel supported when...
- I am grateful for...
- One thing I could do to help myself today is...
- What I want to say to my anxious thoughts...
- Write your anxious thoughts that include words like “never,” “always,” “everyone,” and “no one.” Circle those you can prove are 100% true

*Fill the paper with the breathings
of your heart.*

William Wordsworth



JOURNAL PROMPTS
TO GET THROUGH
DARK TIMES

THE PIECE OF ADVICE I WOULD
GIVE MY MOST VULNERABLE
SELF IS...

THE THING I NEED TO HEAR WHEN
I'M IN A BAD SPACE IS...

WHEN I'M AT MY DARKEST I
WILL REMIND MYSELF...

Talking



"I'LL JUST TEXT THE CHILDREN UPSTAIRS THAT DINNER IS READY."



- Improves relationships
- Identifies potential problems early
- Builds self-esteem
- Generates problem solving ideas together

Every good conversation starts with good listening.

What are you going to have for lunch today?

What is your favourite song right now? Why?

What has made you smile/ frustrated/ confused today?

Has anyone around you had a hard time today?

If you could do anything this weekend/ next holiday, what would you choose?

What are you most looking forward to right now?

I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS
FOLLOW THE
RULES OF SOCIAL
DISTANCING

THE AMOUNT
OF TOILET
PAPER AT THE
STORE

I CAN CONTROL

(So, I will focus on these things.)

THE
ACTIONS
OF
OTHERS

MY POSITIVE
ATTITUDE

TURNING
OFF THE
NEWS

FINDING FUN
THINGS TO DO
AT HOME

HOW
LONG
THIS
WILL
LAST

HOW I FOLLOW CDC
RECOMMENDATIONS

MY OWN SOCIAL
DISTANCING

LIMITING MY
SOCIAL MEDIA

PREDICTING
WHAT WILL
HAPPEN

MY KINDNESS &
GRACE

HOW
OTHERS
REACT

OTHER
PEOPLE'S
MOTIVES



Clipart: Carrie Stephens Art
TheCounselingTeacher.com

Tools and resources



Khan Academy - Especially good for maths and computing for all ages

<https://www.khanacademy.org/>



Futurelearn - Free access to 100s of courses

<https://www.futurelearn.com/>



Ted Ed - All sorts of engaging educational videos

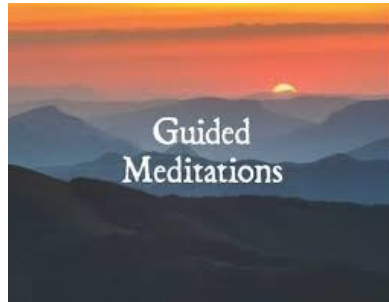
<https://www.ted.com/>



The Kids Should See This - Wide range of cool educational videos

<https://thekidshouldseethis.com/>

Tools and resources



Youtube – lots of guided meditations and mindfulness videos, music for relaxation/concentration.

Kooth app – online, anonymous counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.

Calm app – guided meditations, daily reminders.



BBC – specific programmes, podcasts and online resources to support pupils and parents during school closures.

Tools and resources



Young minds – A great deal of information and sources of further help aimed at young people.

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/#talk-to-someone-about-how-you%E2%80%99re-feeling>



Mindfulness in schools – At 11am every day they do a mindfulness sit in which anyone can join. **Calm app** – guided meditations, daily reminders.

<https://mindfulnessinschools.org/>

Where to go for help – local Support

Shropshire MIND: Call 01743 368647 or email: manager.shropshiremind@gmail.com

- Wide range of support and services for people and their families affected by mental and emotional distress
- Calm Café accessible by appointment on the above number in the evening for anyone needing to talk or at imminent risk of a mental health crisis who need a safe environment to receive support (upstairs at Shropshire MIND, Shrewsbury 6-10pm on Monday, Wednesday, Friday and Saturday)
- Shropshire Sanctuary open overnight for anyone with a mental health crisis – please note access is by referral only

Samaritans: Call 116 123

- Confidential listening and a safe place to talk about whatever is getting to you
- If you are feeling distressed or are concerned about someone else

Shout! Crisis text line: Text 85258

- A free 24/7 text service for anyone worried about their mental health available at any time, any place and need immediate help

Young Minds Parents Hotline: 0808 8025544 (9.30am – 4.00pm)

- Free, confidential online and telephone support including information and advice to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25

Resources for Parents and Carers

Anna Freud - Supporting schools & colleges: A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption:

- Videos and FAQs: <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>
- PDF Guide: <https://www.annafreud.org/media/11160/supporting-schools-and-colleges.pdf>

WHO – Helping children cope with stress during the COVID-19 outbreak: https://www.epi-win.com/all-resources/helping-children-cope-with-stress-during-the-covid-19-outbreak#163961_20200318052635

Place2Be: Coronavirus: Helpful information to answer questions from children:
<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

- Tips and useful resources to support your child and yourself

British Psychological Society – advice to schools parents and carers to help children through the uncertainty of school closures: <https://www.bps.org.uk/news-and-policy/bps-offers-advice-schools-parents-and-carers-help-children-through-uncertainty>

- Tips for school, parents and carers

Public Health England – Advice on the coronavirus for places of education (quick read version):
<https://www.publichealth.hscni.net/sites/default/files/2020-03/V4%20Coronavirus%20advice%20for%20schools%20poster%20020302%20EDU15.0.4%20%282%29.pdf>

Further help

www.childline.org 0800 1111 – support for children on a wide range of issues

<https://livespiffy.co.uk/> - website with great ideas to help manage anxiety and uncertainty

www.talktofrank.com - guidance and support regarding drug misuse

<https://www.nacoa.org.uk/children.html> - Support and guidance for children of alcoholics

<https://shropshire.gov.uk/the-send-local-offer/family-support/#> - Support for your family can come in a number of forms, from financial, advice, support groups and service providers

www.mind.org.uk - National mental health charity

www.samaritans.org – support for those who are feeling suicidal

<https://www.barnabascommunityprojects.org/shrewsburyfoodbank> - Shrewsbury Food Bank organises and distributes parcels of donated food to individuals and families every week.

Useful Contacts

School Office: 01939 260296

Staff contact – you can contact staff via SMHW. Remember your teachers, Form Tutors and the Senior Leadership Team are all still working, just maybe not at school!

If you or someone else are being harmed (physically or emotionally) or you feel you need support with your mental health, you can contact one of the following;

Pastoral school email: pastoral@corbetschool.net - This will be manned during the normal school hours.

Samaritans: call 116 123 or email jo@samaritans.org

NSPCC email: help@nspcc.org.uk

NSPCC: call 0800 1111 if you are 18 or under. Parents can phone 0808 800 5000

Chat Nurses: pupils can text 07507 330 346 if they have any concerns

First point of contact can be used for any safeguarding concerns: 0345 678 9021. Lines are open between Monday to Thursday, 8.45am to 5pm

Parenting Team: 01743 250950 or email parenting.team@shropshire.gov.uk

Many thanks to Mr D Biggins and the Pupil Welfare team at Haberdashers' Adams for providing lots of ideas for this pack.