



# THE CORBET SCHOOL

We are fully aware that for the vast majority of pupils and parents/guardians, the continued position of lockdown restrictions and the extended 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 and recently updated for 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 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 the latest challenges.

# Working from home - support

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- 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.
- Email [admin@corbetschool.net](mailto:admin@corbetschool.net) if you can't get hold of your teachers on Show My Homework.
- If you have any IT issues, please email [corbet.itsupport@corbetschool.net](mailto:corbet.itsupport@corbetschool.net)
- Try to keep on top of your workload to avoid feeling overwhelmed.
- Take the opportunity to also follow your passions; if a particular topic interests you, research it. You never know where it might lead! Be sure to ask your teachers with this as well so we can support you in this.

# What wellbeing looks like

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- 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

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- 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- Becoming withdrawn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?

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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:

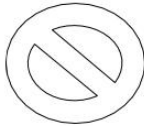
Things I can  
**GIVE**:



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



# Remember the basics

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- 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

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



# Stay connected

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- 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



# Where to go for help – some ideas



# Where to go for help – local Support

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- **Shropshire MIND:** Call 01743 368647 or email: [manager.shropshiremind@gmail.com](mailto: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

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**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](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

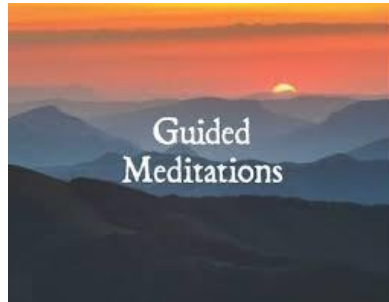
**British Psychological Society – advice to schools parents and carers to help children through the uncertainty of school closures:** <https://www.bps.org.uk/news-and-policy/bps-offers-advice-schools-parents-and-carers-help-children-through-uncertainty>

- 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>

# Tools and resources

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**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

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**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/>



# Further help

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[www.childline.org](http://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](http://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](http://www.mind.org.uk) - National mental health charity

[www.samaritans.org](http://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.



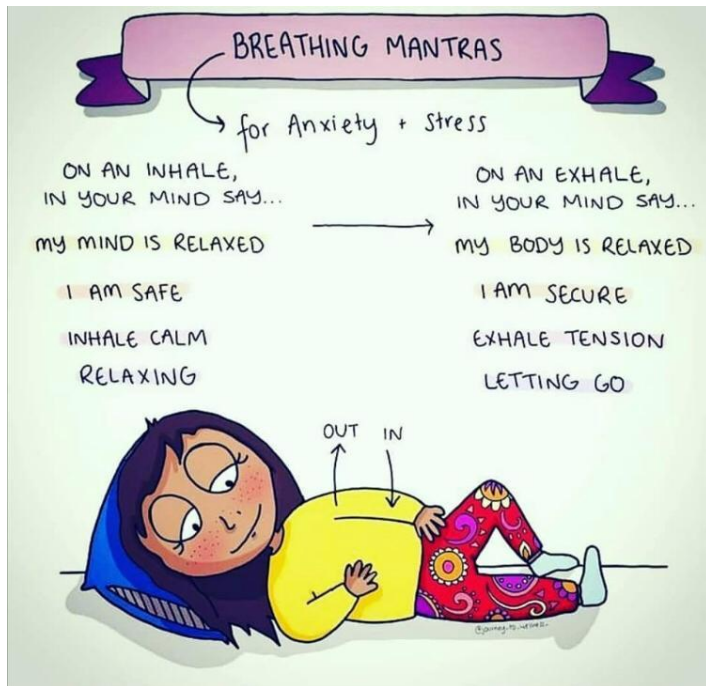
# Keep moving

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- 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
- 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

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- 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

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- 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](http://www.free-mandalas.net)



# Music

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





# Journaling

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



# Journaling prompts

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- 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

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"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

# Useful Contacts

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**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.

**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](mailto:pastoral@corbetschool.net) - This will be manned during the normal school hours.

Samaritans: call 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

NSPCC email: [help@nspcc.org.uk](mailto: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](mailto: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.*