



Bredon Hill Academy

Safeguarding and Wellbeing Newsletter



Safeguarding Our Children Together

COVID-19 Special: April 2020

Teenagers and Mental Health During COVID-19

Prioritise your child's wellbeing; they will learn more when they are happy!

Some of you will now be familiar with home schooling and the ups and downs this can bring. Although it is important to maintain some form of education during these unprecedented times, we do not want this to be detrimental to your child's mental health and wellbeing.

We publish weekly 'Thrive' activities on our website and social media platforms. If the formal side of home schooling is too much for your child, then you may find some of the Thrive activities helpful. Follow the link for this week's Thrive activities:

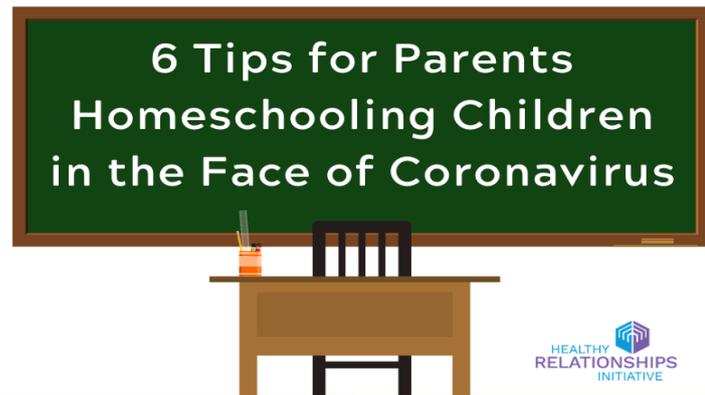
Up to age 11:

<https://www.bredon.worcs.sch.uk/site/data/files/documents/covid19/thrive/week6/5978FE1349B6034F56C9BADBA1E17102.pdf>

Up to age 16:

<https://www.bredon.worcs.sch.uk/site/data/files/documents/covid19/thrive/week6/43F493F7FF5CACA46B0C161EE1C5BF67.pdf>

Please remember that we can fill any gaps in education when children return to school; it is much harder for us to repair mental health issues.



6 Tips for Parents Homeschooling Children in the Face of Coronavirus



IMPLEMENT A ROUTINE

Routines help children stay focused.

The entire family will benefit from a consistent routine. Going to bed and waking up at the same time is a good start. Creating a visual schedule will help younger children adjust to changes. Planning the times when learning, eating, and playing will occur will minimize confusion and misbehaving.

USE YOUR RESOURCES

You don't have to go at it alone!

There are many online resources that facilitate at-home learning and help to work through misbehaviors. Classroom teachers can be a source of knowledge as many of them are taking to social media and blogs to support parents as they teach their children at home.

TEACH LIFE SKILLS

Use this time to teach kids the things they won't learn in school.

Homeschooling is a great reason to teach your kids real-life skills. Ideas can include teaching young children how to make a simple meal such as a grilled cheese or how to resolve a conflict in a positive way. Older kids can learn how to manage a budget or deal with a bullying situation. Teaching both practical and emotional skills will prove to be useful during homeschooling, as well as when they go back to school.

HAVE FUN WITH IT

Meet uncertainty with a dose of fun.

Everyone, especially young children, is facing uncertainty with the amount of changes we are experiencing. One way to minimize stress and anxiety is to implement fun activities that everyone can enjoy. Playing a board game together or playing charades are some ideas to have fun. Bonus points if the fun is also educational!

STAY ACTIVE

Physical activity keeps everyone physically and emotionally healthy.

Making time to exercise will keep everyone healthy and happy. Activities such as yoga and stretching can help to reduce stress and anxiety and increase focus. Cardio exercises such as bicycling or jumping jacks release endorphins that make us feel happy and also get the blood flowing.

HAVE PATIENCE & STAY FLEXIBLE

With yourself especially.

Leave space for grace, especially when it comes to you. Don't demand perfection from yourself. If the kids want to stay up late and watch a movie, why not? If they'd rather read together than practice word problems, go for it. Have ice cream for dinner every now and then. The whole family will benefit from a little flexibility during chaotic times.

Stay healthy. Stay calm.

8 tips for managing your child's anxiety about COVID-19.



Create a routine.



Listen to your child and check in frequently.



Look for signs of anxiety.



Teach coping skills.



Focus on controllable tasks like washing hands.



Encourage positive thinking.



Stay connected.



Seek professional help if needed.

Get more tips and resources at [childrens.com/covid19](https://www.childrens.com/covid19)



Designated Safeguarding Lead: Mrs K Dunkley

Deputy Safeguarding Leads: Miss D West and Mr S Timpson

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We hope that every BHA family is in a safe and happy place during this lockdown period. We are also mindful that some members of our school community maybe feeling unsafe.

Make Yourself Heard

In danger, need the police, but can't speak?

- 1** Dial 999
- 2** **Listen** to the questions from the 999 operator
- 3** **Respond** by coughing or tapping the handset if you can
- 4** If prompted, **press 55**
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.



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Worcestershire County Council Here2Help

HERE 2 HELP
WORCESTERSHIRE



A local hub for those of you who may need help or feel you can offer help:

<http://www.worcestershire.gov.uk/here2help>

KOOTH.com

FREE ONLINE SUPPORT FOR YOUNG PEOPLE

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