

Sherburn High School

Helping our Mental Health



Introduction

We know how important it is for our community to maintain good mental health in light of the unprecedented changes we are facing. Below are some helpful websites giving advice and support for our mental health.

[Setting Routines](#)

The 'Setting Routines' link in the box above has some information about setting routines when schooling and working from home.

It is tricky for all of us in adjusting to these new changes so we need to prioritise maintaining a healthy body and mind.

There is also advice on how you might timetable the day on their website.

Before 9am	Get up, have breakfast, make your bed, tidy your room maybe watch some TV.
9am-9.30am	Wake up activities.
9.30am-11am	Academic time - Work set by school, active learning, online resources, reading a variety of materials.
11am-12pm	Creative time - LEGO, drawing, craft, music instrument practice, play music, cooking or baking.
12pm-1pm	Lunchtime.
1pm-2pm	Physical activities - housework, gardening, cleaning.
2pm-3.30pm	Academic time - Work set by school, active learning, online resources, reading a variety of materials.
3.30pm-4.30pm	Afternoon fresh air, take a walk, try some PE and sports skills activities.
4.30pm-5.30pm	Free time, electronic gadgets, Facetime friends and family, play board games.
5.30pm-6.30pm	Evening meal, help prepare, set the table and wash up.
6.30pm until Bedtime	Watch TV & free time before bed.

[Managing Mental Health](#)

The 'Managing Mental Health' link above leads to the "Compass Buzz" website and a range of information regarding mental health during the Coronavirus outbreak.

This is something that we recommend you, as the parent/carer, explore first. The resources include some short videos that advise parents/carers how to help anxious students, as well as videos directed towards students themselves.

There are links to help guide conversations with students about the coronavirus if this is something you think will be helpful.

They give details about dealing with stress as well as anxiety during this time, which we know will affect most students.

On this page are details of other agencies and support networks available if you feel that mental health is a concern in your household.

World Health Organization

Helping children cope with stress during the 2019-nCoV outbreak

Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.

Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.

Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).