

# Mental health & wellbeing support



The loss of routine caused by COVID-19, school closures, and need for social distancing is making many people very worried and scared for the future. School has been such an important part of your lives, not just as a place of learning, but to be with friends, supported by teachers, active and having fun. We want to reassure you that although the physical reality of school as you know it is not going to be accessible for the short term, we are going to support you both academically and pastorally from afar as best we can.



We would like to remind you of some top tips for positive wellbeing, important as always, but even more so in the coming weeks.

**Technology** is going to be hugely important as a means of keeping connected and continuing to learn. Social media can have a negative impact on your mental health, help perpetuate fake news, and distort how we think and feel about ourselves. Remember all you have learnt about online safety, be conscious of who you are talking to, and what you are accessing and sharing. It is so important to take breaks from technology especially before bed. Leaving your phone out of your bedroom after an agreed time is sensible.

Try and spend **time outside** in nature, nature is healing, going to your local park or green space and taking a walk is a great way to destress. Keeping physically active is crucial, a healthy body, healthy mind, the PE department will be sending regular workouts, they are just as important as your academic work.

We recommend you keep a **healthy sleep schedule**. Try and stick to school hours as much as possible. It could be very easy to slowly wake up later and later, becoming increasingly isolated late into the night. Eat well, lots of fresh food, what a great time to learn to cook! And drink plenty of water.

Spend time with people who will **support** you, both your family, and perhaps friends online. Perhaps teach grandparents how to facetime, play board games with your siblings, just don't shut yourself away.

Now you have all the time to do the things you never have time to do. **Get creative**, find a new way to express yourself from art, acting, playing an instrument, writing short stories or poems.

Above all **be kind** to yourself and others. We are all in this together, even when we are forced apart, as a community let's choose positive actions. This situation is temporary; there will come a time when we return to normal.



If you **need help**, or just someone to talk to, as always your form tutor, or head of house is your first port of call. Miranda Booth is also available to chat to, you can email her on [healthcentre@claremontschool.co.uk](mailto:healthcentre@claremontschool.co.uk), to book a time to talk. Rebecca Hurton is also always available, and can be contacted on [rebecca.hurton@claremontschool.co.uk](mailto:rebecca.hurton@claremontschool.co.uk). Charities such as [Mind](#), and [Childline](#), are also great places of support.