

BEVIN WELLBEING BULLETIN FOR FAMILIES

Monday 11th May 2020



TIPS FOR FAMILIES

1. Stay connected with friends
2. Avoid information overload
3. Take control
4. Get lots of sleep
5. Eat & drink healthily
6. Plan your time
7. Share and talk
8. Keep active
9. Dealing with difficult times
10. Try something new



HOW TO FIND HAPPINESS IN THESE DIFFICULT TIMES

In only a few short weeks, life has been turned upside down. Many of our routines have changed overnight. People we rely on have become distanced from us, or are only available on our phone or computer screens. So, how do we find ways forward in these strange times and how do we deal and support our mood and wellbeing during this time.

I know personally and, from my household, how the stay at home period has affected our mood. Feelings of boredom, frustration and fear go up and happiness can go down during lockdown. These feelings can come in waves and sometimes all together. How do we support ourselves, our families and our friends during these challenging times to help us through?

Feelings of boredom, frustration and fear go up and happiness can go down during lockdown” YouGov

This weekly wellbeing information aims to help you through. We would also love to hear ideas from, pupils, parents and carers about what is helping you to cope. Wellbeing thoughts advice, ideas can be shared via wellbeing@ernestbevin.london .

Mr McCarthy

STAY CONNECTED AND HOLD EACH OTHER IN MIND

We are all trying to get better at being together while apart. Talking to the people you know and love is especially important right now. Stay in touch with them. These are the people who can hold you in mind, even when you find it difficult to recognise yourself and the world around you. **Maintain and boost** contact with friends and family through using telephone and online messaging. Plan such contacts and use technology, checking in with others will help others as well as you.



TIPS TO STAY CONNECTED WITH FRIENDS AND FAMILY

1. Take time to check in with those who you live with. Asking how are you and taking time to listen to their response is very important.
2. Build catching up with friends/family regularly into your routine.
3. Call friends/family just to see how they are, they will really appreciate it.
4. Use the quiz and game functions on Houseparty or set up your own virtual quiz for friends and family.
(<https://zoom.us/support/download> or www.houseparty.com)
5. Watch the same movie or read the same book and come together virtually to talk about it.



AVOID INFORMATION OVERLOAD

Keep what you watch, read and hear about the Coronavirus on the news and social media to a minimum. Too much information can feel overwhelming.

Try to challenge negative thoughts that may make us over-estimate the risks and dangers of the virus, this can lead to difficulties such as over thinking and over worrying. Gathering the facts and following the Public Health guidance will minimise fear. Make sure these facts are from a trusted source.

Help your children to regulate the amount of information they have access to through the news, social media and online. Constant checking, contrary to belief, does not help reduce anxiety, instead it fans it. Suggest they scale back on checking phones and the internet for information updates since they can become digital intrusions.

TRY SOMETHING NEW

Can you use this time at home to learn or try something totally new?

English - 10 Minute creative challenges Authorfly's & '10 Minute Challenges'	Maths — Maths at home https://nrich.maths.org/14552
Geography — Ocean Sustainability film award winning film and activities	History — VE Day Challenge VE Day & get involved in the VE Day celebrations
Art — Drawing Star wars Characters Star Wars & collection of video tutorials	Music— Compose your own film music Composing with Ten Pieces & easy to follow guide
PE — Ernest Bevin Mr Simeone Live work out EBC PE	

TIPS TO HELP TEENS COPE WITH INFORMATION OVERLOAD

1. Help them regulate the amount of information they have access to through
2. Identify good places to get information about the pandemic.
3. Sit down and discuss the current news and information regularly.
4. Research together any questions that you cannot answer.
5. Keep things balanced by encouraging the search for positive bits of news



FURTHER INFORMATION

If you need further information or help during this challenging time more advice and information can be found on the college website:

<https://ernestbevin.london/index.php/parents/about-2/college-closure-resources/>

and

Anna Freud Centre

www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/

STEM4 www.stem4.org.uk/resources/

Contact Us

wellbeing@ernestbevin.london

Mr N. McCarthy,

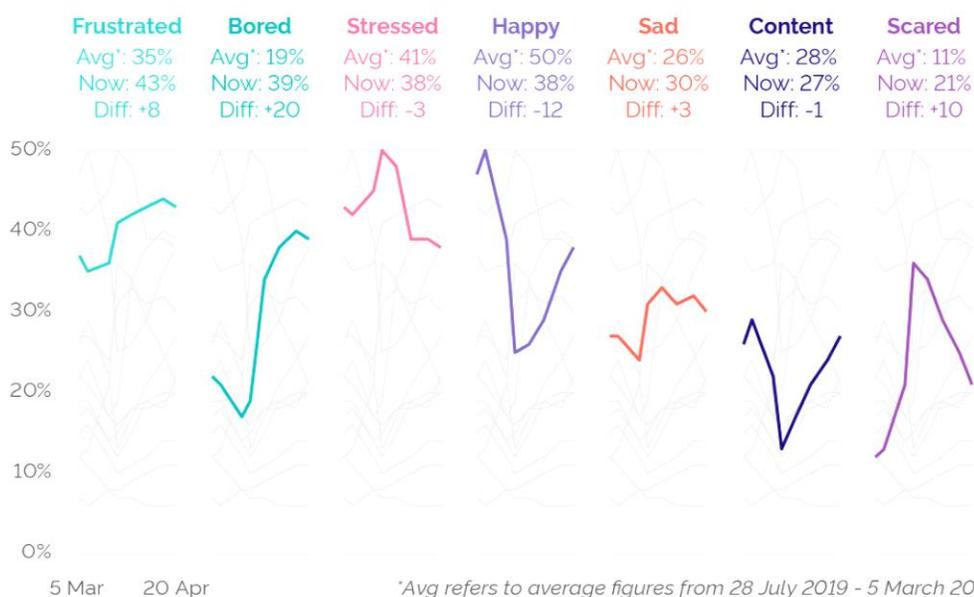
Vulnerable Pupil Lead

SHARE YOUR TIPS

We would love to hear your tips, advice, stay at home activities, recipes or ideas. If you have something that has helped you and your family, please do let us know so we can share it with everyone next week. And we'd love some photos, drawings or pictures to brighten up our day.

How coronavirus has taken its toll on the nation's mood

Broadly speaking, which of the following best describe your mood and/or how you have felt in the past week. Please select all that apply. % select responses shown



YouGov

Latest data: 17-20 April 2020

YouGov's mood tracker finds that Britons are slowly finding happiness once again, although we are yet some way from a return to normal levels of joy