

Our reference: SM/CB**

1st May 2020

Dear Families,

Please see attached this week's tips, guidance, staff messages and resources to keep yourself well during this difficult time.

The focus of this week's top tips is on technology. I have included information about Off the Record who are offering online workshops for young people and parents/carers as well as online counselling for young people in the Merton, Sutton and Croydon boroughs. I have also updated some of the parent/carer resources.

Please see the information attached and the slides about services that are available.

Stay safe and take care.

S Morris

Ms S Morris
Student Wellbeing Coordinator



RAYNES

PARK HIGH SCHOOL

Wellbeing Letter 1st May 2020



Dear Families,

Please see attached this week's tips, guidance, staff messages and resources to keep yourself well during this difficult time. The focus of this week's top tips is on technology. I have included information about Off the Record who are offering online workshops for young people and parents/carers as well as online counselling for young people in the Merton, Sutton and Croydon boroughs. I have also updated some of the parent/carer resources.

Stay safe and take care.

Ms Morris
Student Wellbeing Coordinator



This week's top tips for... Technology

Being out of school will make it much more likely that we will spend more time on technology and social media. After all we will be relying on technology for you to complete your schoolwork.

You will be spending more time working at a screen than usual. Spending prolonged periods of time looking at a screen is not good for you. It can create strain on your eyes, over stimulate the brain, disrupt sleep and is usually linked with a lack of movement.

Try to plan your day so that you have breaks from the screen. Get up and move around, get some fresh air or exercise.



Don't give in to the pressure to be constantly connected at the expense of other activities. Use this opportunity to spend quality time with your family.



Be aware of if social media platforms are negatively impacting on your self-esteem and wellbeing. Use the online help from Off the Record or ask for a referral to the school EWP's. (see slide 7)

Like you would at school, take a break from your mobile phone and put it on silent when completing schoolwork.



Be aware of FAKE NEWS stories, there are lots of them going around at the moment about the virus.



Think about how much time you are spending on social media. Social media has lots of benefits, particularly in the current situation it will help us to stay connected however it is important to remember how it can all impact on our wellbeing. During COVID 19 we are all (young people and adults) more vulnerable to the potential harm from social media.

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Join our Youth Worker Katie exercising along to PE with Joe Wicks' live sessions every Monday, Wednesday & Thursday between 9-9.30 am

Watch Live on our Facebook Page: Time Out Youth Project



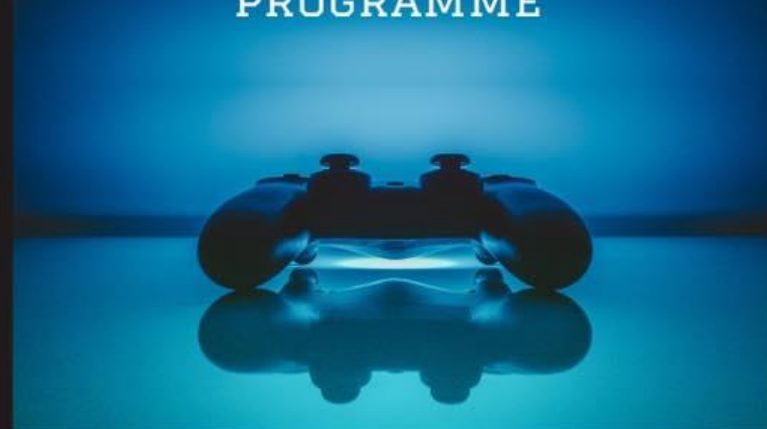
KATIE LIVE ON FACEBOOK



time out
youth project

- STAY AT HOME -

THROUGH OUR ON THE STREET
PROGRAMME



FREE TO JOIN ONLINE PS4- FIFA
TOURNAMENT FOR YOUNG PEOPLE
AGED 11-19 YEARS
(PRIZES TO BE WON)

LOCATION: AT HOME!

SCHEDULE: APRIL- 17TH, 21ST, 24TH & 28TH
MAY- 1ST 5TH & 8TH (FINAL)
3:30-4:30PM

DETAILS: GAME TAG- TOYP_20

**FOLLOW
US ON:** @TIMEOUTYOUTHPROJECT
FACEBOOK & INSTAGRAM

TO BOOK A SPACE & FOR MORE INFO CONTACT
TANISHA@RIVERSIDECENTRE.ORG OR VIA FACEBOOK



Staff Messages

I know for some of you this has been a difficult time, not being able to visit family, to go to your favourite place to hangout and meet your friends. So my message to you is, have patience, stay strong and I know you will, we will persevere and get through this.

Missing you all.

Mr Watson





Staff Messages

If I'm asked why do I love year 10 so much? I say because I have enjoyed supporting them in Science lessons. In early March, I worked with a lovely group of year 10s completing a business project in the main hall and when it came to presenting the project, we planned for it, and it went far better than expected! It was amazing that the judges decided our team got 1st and the way all year 10's supported us and each other was phenomenal. As soon as we stood up to go to the front they clapped constantly, as if they urged the judges to make such decision! I love them all, because they show how grateful they are when they receive support from a key worker.

I look forward to seeing you all soon.

*E Mozaffari
HLTA Science*





You can sign up to workshops on the Off the Record website. Here's what's on offer for young people...

<https://talkofftherecordonline.org/what-is-on-workshops>
<https://www.talkofftherecord.org/coping-with-covid-19/counselling/>

Get support from Off The Record

Sign up for free counselling

t: [0208 251 0251](tel:02082510251) (Croydon)

t: [0208 680 8899](tel:02086808899) (Sutton and Merton)

e:

onlinecounselling@talkofftherecord.org

w: talkofftherecord.org

Anger Antidote

15/05/2020 @ 16:00

The Covid Calmdown

07/05/2020 @ 16:00

Sleep Solutions

14/05/2020 @ 16:00

Finding your rhythm during Covid

01/05/2020 @ 16:00

The Lockdown Lowdown

05/05/2020 @ 16:00

Coping with Loneliness

12/05/2020 @ 16:00



You can sign up to workshops on the Off the Record website. Here is what's on offer for parents/carers this month...



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Self Harm Support for Parents/Carers (Part 1)

05/05/2020 @ 18:30

PARENTS/PRACTITIONERS

MENTAL HEALTH

This is a 2-Part Workshop for Parents or Carers to help you become better informed about and offer appropriate support to young people struggling with self-harm. As well as offering a supportive space, the main aims of this workshop are to:

- Understand what self-harm is
- Explore the reasons why people self-harm
- Discuss some common myths and misconceptions about self-harm
- Look at coping strategies and ways to support yourself and your young person.

Self Harm Support for Parents/Carers (Part 2)

12/05/2020 @ 18:30

PARENTS/PRACTITIONERS

MENTAL HEALTH

The second in our 2-Part Workshop for Parents or Carers to help you become better informed about, and offer appropriate support to young people struggling with self-harm. As well as offering a supportive space, the main aims of this workshop are to:

- Understand what self-harm is
- Explore the reasons why people self-harm
- Discuss some common myths and misconceptions about self-harm
- Look at coping strategies and ways to support yourself and your young person.

Still supporting students and families remotely



C22 Merton YP Risk & Resilience Service
Do you have a young person or parent that would benefit from a 1:1 6-12 week telephone intervention around Substance Misuse or Emotional Health?

Please contact the office on 020 3701 8641 (phones have been diverted during the COVID-19 pandemic).

Email address for additional information referrals:
secure.referrals@catch22.cjsm.net or password protected to msm@catch22.org.uk sending the password separately.



UNI-T PROJECT

**LGBTQI+ ONLINE COUNSELLING
FOR YOUNG PEOPLE**

FREE ONE-TO-ONE COUNSELLING FOR LGBTQI+ YOUNG PEOPLE (VIA ZOOM)

School Nurse



Please contact Ms Morris if you would like help with any referrals.

Online Support for Young People



ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Resources for Parents

<https://talkofftherecordonline.org/what-is-on-workshops>

<https://www.good-thinking.uk/>

<https://www.familylives.org.uk>

<https://mindedforfamilies.org.uk/young-people>

<https://cdn.catch-22.org.uk/wp-content/uploads/2020/03/ParentsHelplinesAppsWebFINAL.pdf>

<https://healthmatters.clch.nhs.uk/teens/contact-school-nurse/>

<https://nhsgo.uk/>

<https://www.themix.org.uk/>

<https://mindedforfamilies.org.uk/young-people/search-results/?searchTerm=Sleep>

Minded for Families

Should I be concerned? What should I do if I'm concerned? I am urgently concerned

1 2 >

Sleep Difficulties

There are a range of problems and types of problems that we see in children and young people. These difficulties can be grouped into problem types. The aim is to not repeat the existing MindEd content but rather to highlight what can be found and why it matters. Although this session does not cover every topic in detail, the material within these sessions is highly relevant to parents grappling with difficulties.

Introduction

There are a range of problems and types of problems that we see in children and young people. These difficulties can be grouped into problem types. The aim is to not repeat the existing MindEd content but rather to highlight what can be found and why it matters. Although this session does not cover every topic in detail, the material within these sessions is highly



<https://www.familylives.org.uk/advice/teenagers/health-wellbeing/teenagers-and-sleep/>

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Teenagers and sleep

It's a familiar scene: you leave for work in the morning, while your teenager still sleeps soundly in bed. Try as you might to awaken them, they just don't seem to be able to get up for school in time. Read on for advice on managing your teen's body clock and helping to ensure they get enough sleep.

Hormone hijack 14-19 | Parentchannel.tv

Watch later Share

0:00 / 4:23

Parent channel.tv

More videos

Teenagers

- Supporting Your Teens Mental Health During The Covid 19 Outbreak
- Body Image
- Teenage depression
- Peer pressure
- Teenagers and sleep
- Teens and exercise
- Self harm
- Teens on holiday
- Eating disorders