



# RAYNES

PARK HIGH SCHOOL

## Wellbeing Letter 24<sup>th</sup> April 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 sleep. RPHS has built close links with outside services and we are still working hard to support our student's wellbeing. Many of the services that work within school are still taking new referrals and providing telephone/video sessions. Please see the information attached and the slides about services that are available.

Stay safe and take care.

Ms Morris  
Student Wellbeing Coordinator



# This week's top tips for... Sleep

This week we have included some tips to support you in helping your child feel more motivated to get out of bed in the morning. It is important to have a learning from home routine in place to avoid getting into a cycle of getting up late and not getting dressed. This can impact on motivation to complete schoolwork, exercise and eat regularly which can affect emotional wellbeing in the long term.

One of our top tips this week is to **reduce screen time** and to ensure that you **stick to a time** that your child should be going to sleep. At least an hour before this time it is helpful for your child not to be exposed to artificial light to allow their bodies to rest which should improve sleep quality and getting them out of bed in the morning.

Keep Busy!

Walk  
Jog  
Dance  
Boxing  
HIIT  
workouts  
Yoga  
Cooking  
Chores  
Board  
games

Take part in  
**PE with Joe**  
Follow us on  
**Twitter**  
**@RPHSPE**



**Get out into  
sunlight** in the  
morning - to switch  
off melatonin,  
increasing alertness.

**Limit Caffeine**

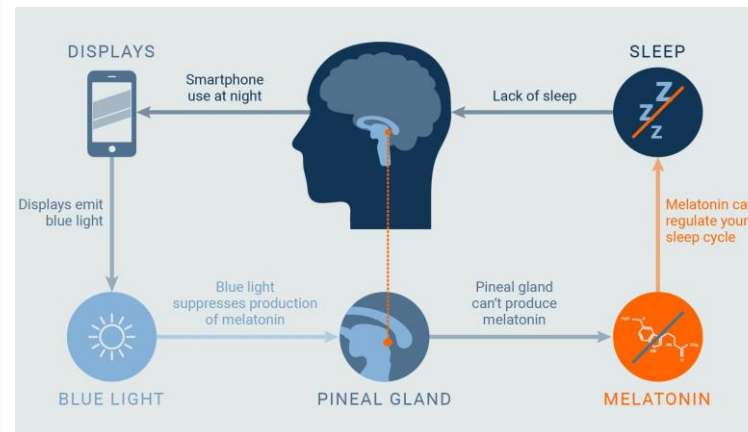
Caffeine can reduce  
the ability to sleep  
for up to 10 hours  
after it's consumed.  
**Avoid snacking late  
in the evening**



Remember!

Teenagers bodies work differently to adults and require more sleep. Create a realistic timetable for the day that includes a set time to wake up, be dressed by and ready to learn as well as breaks, connecting with others and do something you enjoy.

If you are concerned about your child not getting out of bed contact your GP or ask for a referral to the school nurse. **Merton Education Wellbeing Service is offering 3 sessions on sleep hygiene for parents** (see slide 6)



**Artificial light** disrupts sleep patterns, explains Dr Paul Gringras, director of the Evelina Paediatric Sleep Disorder Service at Guy's and St Thomas' Hospital in London. Normally, when light dims in the evening, we produce melatonin which tells our bodies it's time to sleep. Bright room lighting, TVs, consoles and computers can all emit enough light to stop the natural production of melatonin, tricking our bodies into staying awake. This can impact on sleep quality and energy levels the next day.



# 30 Day Music Challenge!



<b>Day 1- A song you like with a colour in the title</b>	<b>Day 2- A song you like with a number in the title</b>	<b>Day 3- A song that reminds you of Summer time</b>	<b>Day 4- A song that reminds you of someone you love</b>	<b>Day 5- A song that needs to be played louder</b>	<b>Day 6- A song that makes you want to dance</b>
<b>Day 7- A song that makes you happy</b>	<b>Day 8- A song that you workout to</b>	<b>Day 9- A song that reminds you of a friend</b>	<b>Day 10- A song from your favourite artist</b>	<b>Day 11- A song you never get tired of</b>	<b>Day 12- A song that reminds you of when you were younger</b>
<b>Day 13- A song from your favourite era</b>	<b>Day 14- A song from a special occasion</b>	<b>Day 15- A song that has been covered by another artist</b>	<b>Day 16- A song from your favourite musical</b>	<b>Day 17- A song you can't resist singing out loud</b>	<b>Day 18- A song from the year you were born</b>
<b>Day 19- A song you feel you can relate to</b>	<b>Day 20- A song that means something to you</b>	<b>Day 21- A song with a person's name in the title</b>	<b>Day 22- A song that motivates you to work harder</b>	<b>Day 23- A song you think everyone should listen to</b>	<b>Day 24- A song by a band you wish were still together</b>
<b>Day 25- A song by a legendary artist</b>	<b>Day 26- A song by an artist whose voice you love</b>	<b>Day 27- A song that has got you through difficult times</b>	<b>Day 28- A song from a movie you like</b>	<b>Day 29- A song that is a classic favourite</b>	<b>Day 30- A song that inspires you</b>



# Staff Messages

*I hope that you and your families had as good an Easter as possible. We stayed open over the holidays for some students whose families are key workers and we will continue to be here every day for the students that need to come in . This week, we are hoping that every student will receive a call to check how you are and also to see if you've had any problems with accessing the work set by the teachers on Show My Homework.*

*We hope you are all managing to stay as safe as possible and we look forward to seeing you all again once schools are able to re-open.*

*Take care,*

*Mrs Heard*





# Staff Messages

Routine is everything. In the forces we lived by the mantra of EAT, SLEEP, TRAIN, REPEAT.

Get up at a reasonable time. Eat your breakfast, do a form of exercise, then repeat this daily. This rigour of consistency will make sure when you transit back into school life it will be done with ease!

Strength and honour

Mr Harris





# Many outside agencies are still supporting students remotely!

Please contact Ms Morris if you would like support with a referral to any of the services below.

## School Nurse



UNI-T PROJECT

**LGBTQI+ ONLINE COUNSELLING  
FOR YOUNG PEOPLE**

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

### 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](mailto:secure.referrals@catch22.cjsm.net) or password protected to [msm@catch22.org.uk](mailto:msm@catch22.org.uk) sending the password separately.



### WHO WE ARE...

WE ARE CHILDREN AND YOUNG PEOPLE'S EDUCATION WELLBEING PRACTITIONERS. WE WORK WITH YOUNG PEOPLE WHO ARE EXPERIENCING MILD TO MODERATE ANXIETY OR LOW MOOD.

### WHAT WE DO...

WE HELP YOUNG PEOPLE UNDERSTAND THE DIFFICULTIES THEY ARE EXPERIENCING, AND TEACH THEM TOOLS AND COPING STRATEGIES THEY CAN USE TO HELP MANAGE THEIR ANXIETY OR LOW MOOD. WE MEET INDIVIDUALLY WITH YOUNG PEOPLE FOR UP TO EIGHT SESSIONS. SESSIONS ARE AN HOUR LONG AND TAKE PLACE IN SCHOOL.

Our EWP's continue to support young people virtually (over the phone or video call). They are offering the following interventions:

- 3 session intervention on sleep hygiene
- 3 session intervention on tackling the lack of energy and lack of motivation that many people are experiencing during social distancing
- 3 session intervention on managing worries
- 8 session intervention on understanding and managing anxiety
- 8 session intervention on understanding and managing low mood

# Online Support for Young People



Free, safe and anonymous  
online support for young people

Monday – Friday 12pm – 10pm  
Saturday – Sunday 6pm – 10pm

# Resources for Parents

<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

About us Sitemap

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

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### 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

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

Home | Press | Work for us

Email us for support askus@familylives.org.uk

Helpline 0800 800 2222

Search Family Lives

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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

Parent channel.tv

0:00 / 4:23

YouTube

Emotions of teens during Covid 19

Body image

Teenage depression

Peer pressure

Teenagers and sleep

Teens and exercise

Self harm

Teens on holiday

Eating disorders