



DURRINGTON HIGH SCHOOL

31 March 2020

Dear parents/carers/students,

Just a brief update to share with you some more useful information in relation to keeping positive and maintaining a good sense of wellbeing at home in these challenging circumstances.

Firstly, as a school/staff, we want to say a huge well done and thank you to the vast majority of students (and their supportive parents/carers) who have been logging in and working in lessons each and every day. You are doing a great job (remotely) and should be proud of what you have achieved so far! We would love to hear how it's going; please do let us know. Sharing examples of your excellent work & wellbeing challenges couldn't be easier; you can do this on twitter using the hashtag [#DHSDistanceLearning](#) or via email direct to admin@durring.com

The government have also now released some parent/carer specific advice. This can be found [here](#) and there is a whole range of useful advice and links on this page so please do have a read.

I wanted to also remind you about the year group wellbeing/safeguarding and weekly challenge classrooms. Keep an eye on these as information is posted regularly that will both support and challenge you.

Finally, myself and Mrs Tunbridge-Adams will be sending a video message to all students (posted on wellbeing/safeguarding classrooms) this week regarding ways of student's promoting their own wellbeing. To share with you the key points of this:

1. **Structuring within days:** will really help (set times for getting up, bed and breaks)
2. **Meditation/mindfulness/breathing activities:** these really do help reduce worry/anxiety/stress and can help with improving mood. There are numerous apps and videos on YouTube that are free and will take you through activities like these.
3. **Physical activity:** making the most of your single opportunity to exercise away from home will really add to the sense of well-being. It's even better if this can be done as a family (a walk, jog, cycle)
4. **Connecting with people:** With technology comes opportunity. Have you tried a virtual quiz together? playing a virtual boardgame with friends? Family team-based activities are great fun
5. **Giving just a little:** many of you will have participated in the clap for the NHS last week. We are encouraging all our students to give something back. Any activity/action (it doesn't have to cost anything) where they are making a difference to someone else will actually be helping their wellbeing too. They could, write a card/letter/email to a relative and/or make phone call/videocall to a grandparent; these types of small actions can make a huge difference to both parties.

Finally try to think back to the pledge(s) you made during our Time To Talk week in February. Reflecting and acting upon these will help give you a focus and sense of purpose.

Thank you for taking the time to read this. We are planning to send through a more operationally based update later in the week.

Please stay safe.

Mr C.Woodcock
Head of School