Year 11 Weekly Bulletin Edition 8: 5 June 2020



COVID UPDATE19

YEAR 11 INFORMATION

The Year 11 Leavers' Survey is completed every year and we truly value the feedback provided. We would very much appreciate if you would take the time to answer the questions honestly and provide as much detail as possible. Follow this link to complete it; survey

"Water shapes its course according to the nature of the ground over which it flows ... just as water retains no constant shape, so in warfare there are no constant conditions." And so Sun Tzu's words ring true today as we enter a new phase in the nation's response to the coronavirus pandemic. Thankfully, our collective adherence to the lockdown restrictions has resulted in a fall in the infection rate and, most critically, mitigated loss of life. Easing of lockdown restrictions are, tentatively, allowing many of us to gain that interaction with others that we have been craving! However, as many, including the government, are cautioning, now is not the time to be complacent and risk a second wave of infection, and you have your part to play in this and do as water does, you must be prepared to change your form and adapt to the new situation.

HOME LEARNING

Please, remember the Post-GCSE tasks we've set for you! If you've applied to the Sixth Form, you'll receive more information shortly regarding our more formal summer work tasks.

ANTI-RACISM - END INEQUALITY

You will have undoubtedly seen the events unfolding in the USA this week and in parts of the UK. This is a response by millions of people to make a stand against inequality, which has reached breaking point following the murder of <u>George Floyd</u> by police officers in the USA last week.

We all have a responsibility to do more to end inequality and stop racism, and, whilst huge steps forward have been taken, it is impossible to say that life is equal for all. A person should not be judged by their race and this should not determine a person's life chances or their treatment in the world.

I urge you to read more around this subject and consider what you can do to help end inequality. There are lots of things you can do to help such as improving your knowledge and accepting that we can always do better. Click on the link here for more ways to contribute and see the reading recommendations on how you can learn more about this on the front page.

#BLACKLIVESMATTER

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HOW TO MAINTAIN GOOD MENTAL WELLBEING DURING ISOLATION

TOP TIPS FOR ALL

MINDSET & THOUGHTS

SOMETIMES, WE CAN ONLY SEE THE PROBLEMS
AND CHALLENGES. TRY TO TAKE A FEW MOMENTS
EVERY DAY TO REFLECT. PERHAPS THROUGH WRITING IN A
JOURNAL OR SPENDING FIVE MINUTES IN THE MORNING TO
NOTICE SOMETHING WE CAN BE THANKFUL FOR AND FEEL POSITIVE ABOUT.

POSITIVE THOUGHTS

WHEN YOUR THOUGHTS ARE OVERWHELMINGLY
NEGATIVE. WE CAN FIND IT HARD TO FIND
HEADSPACE TO THINK POSITIVELY. TRY THIS...
HAGGINE YOU ARE SAT ON TOP OF A HILL AND YOU ARE LOOKING
DOWN AT A TRAIN TRACK BELOW WHERE TRAINS ARE COMING 000 AND GOING NOW IMAGINE THE TRAINS ARE YOUR THOUGHTS. WATCH THEM COME AND GO.PUT DON'T GET ON THE TRAIN JUST WATCH THE THOUGHTS COME AND GO IN YOUR MIND WITHOUT ACTUALLY FOLLOWING THE NEGATIVE ONES DOWN AN UNHELPFUL NEGATIVE TRACK JUST WATCH IT PASS!

P

GOOD QUALITY SLEEP

KEEP PHYSICALLY ACTIVE

22222 IF YOUR MIND FEELS FULL UP OR YOUR EMOTIONS ARE OVERWHELMING. YOU WILL FIND IT HARD TO ENJOY A GOODS NIGHT'S SLEEP. THERE ARE LOTS OF FREE MEDITATION AND SOOTHING SOUND VIDEOS ON YOUTUBE (WAVES. RAIN. CALMING MUSIC.). OR FIND A POPCAST WHICH IS FUNNY OR HUMOROUS. WRITE YOUR THOUGHTS DOWN ON A PAD OR CREATE A 'TO DO' LIST. THEN PUT THE PAD OUT OF SIGHT UNTIL THE MORNING. DEEP BREATHING FOR AT LEAST 3 MINUTES CAN ALSO HELP. IN SLOWLY THROUGH YOUR MOUTH.

STUDIES SHOW THAT THERE IS APPROXIMATELY A 20-30!, LOWER RISK OF DEPRESSION FOR ADULTS PARTICIPATING IN DAILY PHYSICAL ACTIVITY. TRY TO GO FOR A WALK DURING THE WEEK OR JOIN A CLASS OR LOCAL COMMUNITY GROUP. MANY PEOPLE FIND THAT JUST THE CONNECTION WITH THE OUTDOORS HELPS TO 'RESET' THEIR MIND AND WELLBEING FOR THE DAY.

EAT WELL

A 2014 STUDY FOUND HIGH LEVELS OF WELLBEING WERE REPORTED BY INDIVIDUALS WHO ATE MORE FRUIT AND VEGETABLESI. THE KEY TO BALANCING EATING WELL WITH BUSY FAMILY LIFE IS TO PLAN AHEAD IF YOU CAN PLAN WEEKDAY MEALS AND BUY THE INGREPIENTS AHEAD OF TIME THIS REDUCES THE NUMBER OF 'LAST MINUTE' UNHEALTHY MEALS.



ACCEPTING HELP

S. WE MUST BE ABLE TO LEAN ON OTHERS WHEN NECESSARY-IT IS UNREASONABLE FOR US TO ASSUME WE WILL NEVER NEED HELP THROUGHOUT OUR LIFE. WE WILL NEVER NEED HELP THROUGHOUT OUR LIFE THIS MEANS ACCEPTING HELP WHICH MAY BE VOLUNTEERED OR ASKING WHEN THE NEED ARISES. THE HELP COULD BE THROUGH A FRIEND-RELATIVE OR SERVICE YOU TRUST, INCLUDING NATIONAL HELPLINES.

DOING GOOD DOES YOU GOOD

THERE IS A STRONG RELATIONSHIP BETWEEN WELLBEING AND COMPASSION. DOING GOOD CAN HELP LOWER STRESS LEVELS AND IMPROVE YOUR MELLBEING AND MENTAL HEALTH. HOWEVER. THIS CAN ALSO WORK THE THER WAY AND THIS CAN ALSO WORK THE THAT YOU ARE YOU SHOULD ALWAYS ENSURE THAT YOU ARE NOT HELPING OTHERS AT THE COST OF YOUR OWN WELLBEING.

STAYING CONNECTED

HIGHER RATES OF MENTAL HEALTH PROBLEMS, SUCH AS DEPRESSION AND HIGHER RATES OF MENTAL HEALTH PROBLEMS, SUCH AS DEPRESSION AND ANKETY. ARE ASSOCIATED WITH LOBELINESS AND SOCIAL ISOLATION. OFTEN SOCIALISING WITH OTHERS CAN FEEL LIKE A LOT OF EFFORT IN THE EVENING WHEN WE'RE TIRED. HOWEVER. HEALTHY RELATIONSHIPS AND CONNECTIONS TO OTHERS HAVE A SIGNIFICANT IMPACT ON MAINTAINING GOOD WELLEBING. USING VIDEO CALLS. LIVE STREAMING OR 'FACETIMING' IS A GREAT WAY TO KEEP IN TOUCH WITH FRIENDS AND FAMILY IF YOU'RE FEELING ISOLATED. IF YOU PREFER CALLING, PICK UP THE PHONE FOR A CHAT. MAINTAINING GOOD RELATIONSHIPS HELPS TO SET A GOOD EXAMPLE FOR CHILDREN. AS THEY NOTICE AND IMITATE THE BEHAVIOUR AND EMOTIONS OF THOSE AROUND



National College[®]

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA
IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART
OF EVERY SCHOOL: INTEGRATING MENTAL WELLBEING WITHIN
THE CURRICULUM. SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO
A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT
FOR EDUCATION. ADVISING THEM ON THEIR MENTAL HEALTH
GREEN PAGES.



TRESE ONLINE RESOURCES: https://www.nhs.uk

https://www.mentalhealthorg.uk 🥏

https://www.livingwell.org.au

Web: www.thenationalcollege.co.uk | Email: enquiries@thenationalcollege.co.uk | Facebook: @thenationalcollege | Twitter: @thenatcollege

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