

Wellbeing Weekly

Keeping well with Bev and Rochelle



Hello and welcome to our wellbeing blog.

We are living in very stressful and uncertain times, but we would like to reassure you that all our families are in our thoughts and that although our school building is closed to the majority of pupils, we are still very much here to help and support everyone that is in need of it.

Our pastoral team are working very hard to ensure that we are reaching as many families as possible whilst working from home and we now have all our contact details on the website so that your child is able to communicate with anyone of the team if they are feeling worried or anxious and need some support.

We appreciate that you have suddenly been asked to become 'super' parents and we are sure that you are all doing a marvellous job of keeping your grumpy teenagers entertained. Remember that none of us are perfect and we are all dealing with something that we never thought in a million years we would see. However, this could be a positive time for you to reconnect with your teenager and we will be giving you some help and advice on how to do that in the weeks to come.

Those of you that are old enough will remember the days of 'problem pages' and 'agony aunts' in newspapers and magazines. So instead of writing a letter why not drop us an email with a question or a problem and we will do our best to answer it, and perhaps even put some in the newsletter to help other parents.

Take care everyone and stay safe.



Bev and Rochelle



TIP OF THE WEEK -cooking,

baking, gardening and exercise are all acceptable ways of giving your child a learning experience. It's the perfect opportunity to spend time together whilst being productive!



This week Rochelle has discovered the beauty on her doorstep! Getting out for a daily walk, noticing the natural beauty that surrounds us and taking time out from social media, TV and technology is beneficial to our mental health.

Not to mention the vitamin D from the beautiful sunshine we have had! Listening to nature is a welcomed break from the news too!



Bev on the other hand has discovered the joy of technology and has used Zoom and Facetime to see and speak with her family. She has also figured out Microsoft teams to keep in touch with the pastoral team at school!

Please also drop us a line if you have found some good ways of staying at home and managing your children's wellbeing. This would be great to share with everyone else.

Some of our families are receiving regular phone calls from us, so if you feel that you or your child would benefit from a chat with one of us then please contact us.

Contact us via email. Please ensure you give your name and your child's name.

Email: wellbeing@ngcsc.co.uk