

Wellbeing Weekly

Keeping well with Bev and Rochelle



Hello. we hope some of the tips we shared with you in the previous week's column have been helpful. Taking steps to support your own physical and mental health are very important during this strange time for us all. This week we thought sharing a few tips around talking to your child about Coronavirus may be helpful.

Remember that children look to adults for guidance on how to react to stressful events. Acknowledging some level of concern, without panicking, is appropriate during this time. This is also a tremendous opportunity for adults to model problem-solving to children, flexibility, and compassion as we all work through adjusting daily schedules, balancing work and other activities, getting creative about how we spend time as well as processing new information from the Government.

TAKE TIME TO TALK

Let your children's questions guide you. Answer their questions truthfully, but don't offer unnecessary details, facts, speculation or conspiracies.

BE HONEST AND ACCURATE

Correct misinformation. Children often imagine situations worse than reality; therefore, offering developmentally appropriate facts can reduce fears. Explain simple safety steps. Tell your child this disease spreads between people who are in close contact with one another, when an infected person coughs or sneezes, or when one touches infected objects or surfaces. Highlight the importance of hand-washing and social distancing.

POINT OUT THE POSITIVES

Encourage conversations to shine a positive light on this situation, it could be that as a family you've spent more time together, the fact that numbers are now reducing or that you've mastered a new skill during this time. Whatever it may be, try to find more positives than negatives.

We hope for some positive news from Boris Johnson's announcement on Sunday!

Take care everyone and stay safe.



TIP OF THE WEEK --Demonstrate deep breathing. Deep breathing is a valuable tool for calming the nervous system. Apps such as Calm, Headspace or Stop, Breathe and Think are all free and have really useful, simple, breathing and relaxation techniques that you could practice alone or with your children.



STOP, BREATHE
& THINK



HEADSPACE

This week Rochelle has been doing lots of live online workouts ran by my gym. I have had to substitute my usual exercise sticks for salad servers!

Meanwhile, Bev has been practicing her hairdressing skills, she has shaved her husband's hair and given herself a little trim too!

Please also drop us a line if you have found some good ways of staying at home and managing your children's wellbeing. We would love to see some pictures of what you have been getting up to!

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



Head of Year Messages

Lockdown message from Mr Simpson- Head of Year 7:

Good day to you all and I hope this message is finding you all well!!! Well the lockdown for us as a school family so far has been an interesting experience, one where we have had to adapt to different ways of working and supporting one another within the HGCSC community.

From the conversations I have had with pupils and parents over recent weeks, as a group relatively new to school I can honestly say I am impressed with the approach of Y7's as a year group towards continuing with your studies in the best way you possibly can under the current circumstances.

Keep it up! , and if you need to get in touch with me for any reason please email me at: wsimpson@hgsc.co.uk and I will get back to you as soon as possible.

Stay safe and look forward to seeing you all soon.



Message From Mr Keys – Head of Year 8:

Dear Year 8, I hope you are all safe and well and behaving at home! Please make sure you're using this time to read and work productively - yes, you do have some time off school...but I expect you to stay on top of your school work as best you can in these difficult circumstances. (I will be asking my wife to check who has been completing and sending in Y8 Maths!)

Some of you may know by now - I'm staying on as Head Of Year 8! So luckily for you all, I will be staying at Handsworth Grange and continuing to support you all (and to keep you all in line!)

Take care and I'll see you soon.

Mr Keys



Message From Mrs Akram – Head of Year 9:

Hi year 9's . I hope you're all well , staying safe and missing me. Before school closed I was running a 'Passport to Success ' challenge for 27 students but never got the chance to announce the winners sooo , drum roll the students who scored the highest points on their Passports were:

1st Farhanah Begum 9R3 2nd Ibrahim Farheed 9R6 3rd Easa Mahmood 9R5 4th Arthur Copcea 9R4 5th Owen Cleary 9R3 6th Nikolas Gora 9R4 7th McCourley Roome 9R3 8th Jaad Munshi 9R1

CONGRATULATIONS TO YOU ALL . You really took the challenge seriously and on our return we will meet along with students who had the highest achievement points to plan your reward !

I hope you're all managing to access your learning and getting plenty of exercise .

Keep in touch with your subject teachers and if you have any problems or worries don't hesitate to contact me on my school email cakram@hgsc.co.uk. Stay safe all, Mrs Akram.

Message From Miss Rawson – Head of Year 10:

At nearly 4 weeks of isolation, even for myself there are some moments it's hard to feel positive. I know a lot of you will be feeling the same but I want you to know you are not alone! Things are hard at the moment and it's okay if you're struggling, you can be grateful for what you have, but upset for what you're missing at the same time. You can acknowledge your privileges, whilst also allowing yourself to feel your emotions. We are all trying our best to stay positive, we are all trying to get through this but that doesn't mean you are not allowed to feel upset, angry or to struggle!

So make sure you're picking up the phone, or having a conversation with people who make you feel better! I myself felt better today just from speaking to students I'd not seen in 4 weeks and talking to a good friend, just forgetting for an hour or two about what was going on!

I know all of you will be trying your best and that's all you can do! You're all having to manage and learn how to study from home which is all new to you and for some of you almost impossible but keep up the good work, look after yourself, and try to stay positive. The most important thing is you're safe!

Message From Mr Whitehouse – Head of Year 11:

Hope you are keeping safe and well in these difficult times. Who could have ever predicted that year 11 would turn out the way it has? Hopefully you should have received your BTEC results, congratulations on some good results, I hope you are happy with them, some very well deserved grades. Remember to keep checking on Sheffield Progress for any updates regarding your applications for post 16 <https://www.sheffieldprogress.co.uk> .

If you need any help please contact me via email. There is also a special section on the school website dedicated to Y11 updates and advice so keep checking there also. We plan on sending out the Business Day photos as soon as some normality returns so keep an eye out for those and you will still be able to order your leavers hoodies when school re-opens (you can visit Fizz-Hoodies website to check what colour you want

<https://www.fizz-hoodies.co.uk/colours/>).

Mr D Whitehouse Contact me by email at dwhitehouse@hgsc.co.uk

Btec Award
Grading

Level / Qualification Grade	Grade Equivalent
Level 2 / Distinction*	8.5
Level 2 / Distinction	7
Level 2 / Merit	5.5
Level 2 / Pass	4
Level 1 / Distinction	3
Level 1 / Merit	2
Level 1 / Pass	1.25