



FAIRFIELD HIGH SCHOOL FOR GIRLS

successful learners · confident individuals · responsible citizens



Mental Health and Wellbeing Guide



DURING HOME LEARNING, SOCIAL DISTANCING OR SELF-ISOLATION, PAY ATTENTION TO YOUR OWN WELLBEING AND THAT OF THOSE AROUND YOU





FAIRFIELD HIGH SCHOOL FOR GIRLS



Remember we are all part of the Fairfield community



- Remember you are not alone. Your teachers are still available to support you, both academically and pastorally.
- Ask for help when needed; independent learning is a new skill to learn. Don't be afraid to say if something seems confusing or you need extra support.
- Try to keep on top of your workload to avoid feeling overwhelmed.
- Take the opportunity to also follow your passions; if a particular topic interests you, research it. You never know where it might lead!



What wellbeing looks like

- Interactions with family and friends
- Healthy eating
- Regular sleep patterns
- Communicates with others
- Work/ life balance
- Other interests
- Physical activity



All of these remain important during the period of home learning.



Signs and symptoms to look out for

- Change in sleep patterns
- Friendship groups: can become less or more social than usual
- Change in eating patterns
- Change in appearance
- Personality shifts
- Problems with concentration



What Parents/ Carers Can Do

Healthy eating

Encourage down-time

Create productive habits – work routines

Interactions/ listening

Good home/ school communication

Monitoring social media access

Be aware of important academic dates

No issue is too small!



Weekly timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	7-8	Gym					
	8-9						
	9-10	ECO 101					
	10-11						
	11-12						
Afternoon	12-1		Lunch				
	1-2						
	2-3				ECO 101 assign		
	3-4						
	4-5						
	5-6						
Evening	6-7						
	7-8		Soccer				
	8-9						
	9-10						

Build in structure

- Try to maintain a routine similar to your normal day or week (e.g. weekday and weekend routines)
- Have allocated time for work *and* for rest
- Maintain habits – dress in the daytime, etc
- Make time for what you love
- Break your day or week into chunks
- Plan your time
- Build in social contact; distance physically but don't become socially isolated



BBC
THE MIND SET
WEEKLY PLANNER

TIMES						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
TIMES						
SATURDAY						
SUNDAY						





Remember the Basics

- Get some fresh air*
- Go outside, preferably in the mornings/
during daylight*
- Exercise at regular points throughout
the day.
- Keep hydrated
- Try to maintain regular meal-times
- Eat a balanced diet



**If it is safe to do so and bearing in mind any medical advice.*

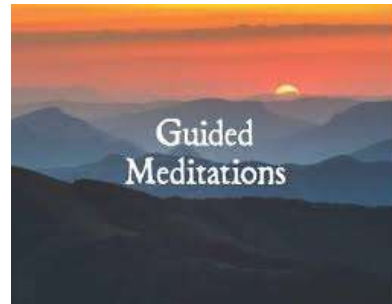




Stay Connected

- Make time to connect with family and friends online or virtually
- Schedule regular catch ups – use Whatsapp, Facetime or Messenger Video calls
- Make plans to “meet” – video calls for meals, cake, takeaways, etc
- Use appropriate technology wisely (e.g. Netflix watch parties, gaming apps with chat function) but safely and only with your own existing social circle
- Be kind – remember others may also be finding this situation challenging
- **Remember to stay safe online**



The BBC logo, consisting of the letters 'B', 'B', and 'C' in white on black rectangular backgrounds, arranged horizontally.The Kooth.com logo, featuring the text 'KOOOTH.com' in blue and 'FREE ONLINE SUPPORT FOR YOUNG PEOPLE' in white on a blue background, with a small globe icon.

Tools and resources

Youtube – lots of guided meditations and mindfulness videos, music for relaxation/ concentration

Kooth app – online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop

Calm app – guided meditations, daily reminders. School subscription.

BBC – specific programmes, podcasts and online resources to support pupils and parents during school closures



Keep Moving



- Your daily activity will be reduced if you are at home, so it is important to build movement into your routine
- Your usual exercise method may no longer be available
- Use this opportunity to try something different
- Youtube and other apps have tutorials and guided workouts
- Try HIIT (High Intensity Interval Training), or more gentle exercises such as Yoga or Pilates
- Go outside into the garden and play a game
- Take care not to injure yourself – work within your usual fitness levels and take it steady





Make your time meaningful

- All those things you never seem to have time for – list them!
- Take up a new skill or hobby
- Make time to be creative – art, music, crafts etc.
- Make time to help others where possible, either virtually or, where safe to do so, in person; collect some shopping for a neighbour, offer to do some gardening for someone nearby, etc.
- Keep up to date with school work so you don't feel overwhelmed



Music for relaxation



- *Can* reduce distractions
- Sets a mood for concentration *or* relaxation
- Can build routines
- Reduces anxiety





Writing for wellbeing

- Helps process emotions
- Allows self-expression
- Reduces stress and anxiety
- Improves self-awareness



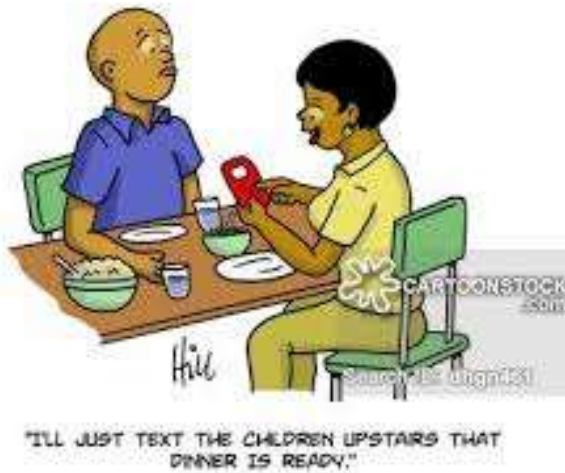


Writing for wellbeing

Sentence starters

- The main thought in my head today was...
- Right now I feel challenged by...
- I feel supported when...
- I am grateful for...
- One thing I could do to help myself today is...
- What I want to say to my anxious thoughts...





Talking - benefits

- Improves relationships
- Identifies potential problems early
- Builds self-esteem
- Generates problem-solving ideas together



Who did you eat lunch with today?

What is your favourite song right now? Why?

What has made you smile/ frustrated/ confused today?

Has anyone around you had a hard time today?

If you could do anything this weekend/ next holiday, what would you choose?

What are you most looking forward to right now?

