



Hello all. We hope that this finds you healthy, safe and happy.

Welcome to the third edition of our Helping Hand. We hope you had a good half term; what gorgeous weather we are having! Please email southconcerns@springwellacademyleeds.org if any of the ideas are used successfully or if you have any suggestions of what you might like in here.

Stay informed

The news has been very busy with discussions of 'easing lockdown'. As things change a little, it is even more important to make sure we are getting accurate information to keep everyone safe and healthy. Our advice remains:

- Limit yourself to once a day if you feel you need to read the news/updates
- Make sure your information is coming from a really good source; a lot of things that get shared on social media are either made up or exaggerated. Use the news websites like BBC, Channel 4 etc. if you want to look for facts.
- Discuss what you are reading with adults around you to help you make sense of it.

The changes in government advice don't mean things are back to normal, and the virus is still around us. We have added a link here to a BBC article that explains the changes in England very clearly.

<https://www.bbc.co.uk/news/explainers-52530518>

It is still really important that we all keep social distancing (6 feet/2 metres distance from anyone not in our household); keep any contacts with people from outside the household to a minimum and wash our hands thoroughly with soap and running water regularly. It is really reassuring that this virus can be killed with ordinary soap.

Remember: household means the people we live with.

Stay busy

If you tried any of the suggestions from the last Helping Hand, keep sending us photos/updates on the South Concerns email address at the bottom of this issue. Some more suggestions:

- TED Talks are a great way to learn about all manner of things, from dinosaurs to politics to actual rocket science! They are short talks and can be viewed or listened to easily: <https://www.ted.com/talks>
- Do you have paper at home? Why not try some Origami. We were amazed that the beetle below is not real and was actually made by folding paper...! You can see more and start to learn how it's done here: <https://origami.me/beginners-guide/>



Stay physically well

Now that you can exercise outside more than once a day, and meet up with a very small number of people from another household, you may wish to make more use of local facilities to support your physical health:

- Kick a ball around (don't throw or catch a ball with someone outside your household)
- Go for a bike ride with a friend
- Do you have tennis rackets and balls? Again, have a game outdoors with a member of your household or a friend if it is safe to do so
- Socially distant run with a friend if you have a big enough space nearby. We know it can be more motivating and fun to exercise outdoors with someone else.

Remember at all times:

- **check with the adults in your household that they are happy with you carrying out any activity outdoors and meeting up with others – we know that some households are more vulnerable and so need to take more care to keep the risks very low;**
- advice is still that it is **NOT** safe to use any outdoor equipment like swings/slides so do not touch these;
- always still stay at least 6 feet/2 metres apart from one another;
- wash your hands thoroughly with soap and running water as soon as you get home.

Stay mentally well

For some of you, you may be feeling less anxious or stressed as time goes on, as you may have got into habits and patterns that keep you happy and well. For others, as the time goes on you may be feeling more anxious/bored/frustrated/worried. Remember: there is no way that you 'should' be feeling, and one day may feel fine and the next really scary.

One thing that can help with anxieties and worry, and something you will know we use in school, is to control your breathing. The short video below outlines one breathing technique that could help with the trickier times. This doctor has a number of useful videos on YouTube, so feel free to look at some of her others.

<https://www.youtube.com/watch?v=NAIdSdx-jps&feature=youtu.be>

Remember to keep talking to people. It can be difficult to talk about feelings. There is a lot of advice on this subject here:

<https://youngminds.org.uk/find-help/looking-after-yourself/asking-for-help/>

"In my opinion, it's very important to find somebody you trust to talk to about what you're going through. I shut myself away instead of asking for help and it made things even harder for me. It might feel impossible but opening up for the first time is the hardest part- it becomes easier after that."

- Ryan

Stay safe and take care of one another.



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