

THSL Update

Assembly: 19.03.20



The week so far...



1. Some of us have been feeling worried/anxious/annoyed about Covid19. It is hard when we don't know what is going to happen.
2. Thank you for doing your best in lessons even if feeling anxious/in the blue/yellow zone.

Worrying is normal

Remember your strategies e.g.

1. Wrapping myself up in a blanket
2. Talking to an adult or friend about my worries
3. Doing something relaxing like art or reading
4. Listening to music





Plan for the rest of term (until the Easter break)

1. Everything in life is easier with a **plan**. This will help us to stay calm until things settle down again.
2. **For now**, most things will be **the same**. We will still have form times, wellbeing activities, lessons, clubs and rewards as usual. The day will run from 8.45 to 3.30.
3. However, some trips will be postponed or cancelled because the government wants us to travel less.

Plans sometimes change



1. The Government have decided that students with an Education, Health and Care Plan (an **EHCP**) should stay in school. This is all the students at Holmewood.
2. Although this is the plan, it **might still change** as we might end up with too many staff off sick and not enough people to look after students.
3. The government might also make some more changes in the next few weeks and decide we should **all** stay at home.
4. This unknown situation might make you feel worried, anxious or annoyed. You might feel more annoyed if you have brothers or sisters at home too. This is okay and normal too. We need to use our ZofR strategies to help regulate.

Easter holidays (3 weeks off)



1. The Easter holiday is nearly here. We have **6 more school days** until then (not including today).
2. We think we will stay open until then but if we have to close, we will share new information (and a **new plan**) with you.
3. This year, your Easter holiday might be different from usual.
4. You might have some 'homework' but this will be the usual amount. If you have exams, you should do some **revision**.
5. You might have to **stay indoors**.
6. You might not be able to go on planned trips/holidays etc
7. Cinema, restaurants and shops might be closed
8. This is a big change and you might feel annoyed, anxious or upset.

Let's think about positives as well as negatives



1. We can read lots of books!
2. We could practice an instrument
3. Get creative with art
4. Cooking (new recipes)
5. Spend time with our families
6. Try out a new style of learning
7. Practice yoga or meditation

- ★ We might miss our friends (but can chat on the phone/text).
- ★ We might miss coming to school (but won't miss learning as it will be on google classroom).
- ★ We might get bored at home (but will need to be creative!)

What will happen after Easter?



- We don't know yet. This is **hard** as life is easier with a plan but this is 4 weeks away so we don't have to worry yet.
- Your **teachers and parents** will let you know what the plan is.
- School could be open or closed. We will let you know and will follow advice to keep everyone **safe**.
- If school is closed, we have a **new plan** for this.

Exams



-Last night, the Prime Minister told us that the exams due to take place in May and June will be postponed.

-At the moment we don't know when they will happen.

-Exams might take place in the Autumn term next academic year (from September 2020) instead so it's important to **keep studying** so you are ready.

-We do not know for sure what will happen but we will keep you **updated** and tell you when we know more.

How can I help everyone keep safe?



1. Keep washing your hands regularly (20 secs each time)
2. Cover your mouth when you cough/sneeze
3. Use a tissue and throw it away straight away
4. Try not to overthink, this might make you more anxious

Over to you: A space for my own questions / unknown monsters...

Some children or adults will have no more big questions, and some will have lots more. If I feel worried it will help me to say or write my questions down so somebody can help me work them out e.g. a parent/carer whilst at home or a teacher (today)

1. _____

2. _____

3. _____



Thank you for **listening and staying calm**. We hope things will be back to normal very soon but until they are we have a plan!



Thank You

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