



Aim High

Never Give Up

Follow Your Dream

Lead By Example

16/05/2020

Dear Parents/Carers

Next week is Mental Health Awareness week, during this difficult period it has never been more important to be aware how we can support our mental health. Norwood School has put together a few online sites that may be of help at this time. Click on the links below to explore their websites.

**Every Mind
Matters**

**NSPCC
'Learning'**

YOUNGmINDS



Advice on getting through this Covid-19 period is.....

1. Plan your day

- We are all adjusting to a new, rather strange, way of life. This can be a risk to our mental wellbeing.
- As tempting as it might be to stay in pyjamas all day, regular routines are essential for our identity, self-confidence and purpose.
- Try to start your day at roughly the same time you usually would and aim to set aside time each day for movement, relaxation, connection and reflection.

2. Move more every day

- Being active reduces stress, increases energy levels, can make us more alert and help us sleep better.
- Explore different ways of adding physical movement and activity to your day and find some that work best for you.
- Even at home, there will be lots of ways to exercise and keep your body moving.

3. Connect with others

- Staying at home, especially if you live on your own, can feel lonely. Find creative ways to keep in touch with friends, family, and others to help you (and them) feel more connected and supported.
- Explore ways of connecting that work for you, whether by post, over the phone, social media, or video-chat. This could be anything, from sharing a cup of tea over video, playing an online game together, or simply sending a supportive text-message.

4. Improve your sleep

- Feelings of uncertainty and changes to daily life may mean you have more difficulty sleeping.
- There is a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day, even at the weekend if you can, and try to get some natural sunlight (by opening your curtains and windows) where possible. This helps to regulate your body clock which can help you sleep better.
- Wind down before bed by avoiding using your phone, tablet, computer or TV for an hour before bedtime.

Stay Safe

Mrs D Reynolds
Head Teacher

