



Barrow Hills

SCHOOL

What do I do if...? and other questions...

1. I'm feeling stressed, down, lonely or unhappy.

Not being at school when you should be at school and learning from home can be really tricky. Your friends play a huge role in your happiness and we sometimes take the company of others for granted. You may be at home but all the teachers are here to help.

Your Form Teacher will be in regular contact with you via email, the portal, Tapestry or Google Classroom to monitor your academic progress and just as importantly, to check how you are! Remember we're here to help you, just as if we were still at school. You do not have to wait for them to contact you; if you feel like you need to talk to them just email.

You can also choose to contact Mrs Oldroyd and Mrs Buirski at 'The Happy Hangout' happyhangout@barrowhills.org at the following times; Monday to Friday, 2.00pm-4.00pm. If you email outside of these hours, you might get a reply the next day. It is great that you can continue to use this, though just in a different way.

If there is someone else who you might normally talk to, you can always email them. Remember, teachers have families too and will have lots of school work, so can't be available all of the time. They will get back to you as soon as they can

Remember, exercise has an important part to play in keeping you happy! It can help with:

Better sleep - by making you feel more tired at the end of the day.

Happier moods - Physical activity releases feel good hormones that make you feel better and give you more energy.

Managing stress - doing something physical releases something called 'cortisol' which helps manage stress. Being active also gives your brain something to focus on and this can be a real help in difficult times.

These ideas may also help:

- Remember that it's OK for feelings to fluctuate - you may not always feel positive
- Notice small moments of joy or pleasure - birdsong? Longer days? Favourite food? Inventive recipes from the back of the cupboard? Favourite memes or funny videos?
- Establish a routine
- Exercise regularly
- Keep a consistent sleep routine
- Nutrition is very important

- Self-acceptance - be kind to yourself, don't put unnecessary pressure or expectations on yourself
- Social connections are important - use your online platforms and social media if you have it
- Schedule in time to connect with friends and family
- Do things you enjoy
- Talk about feelings
- Self expression through art or music can be helpful
- Take a mindful minute - one minute to reflect each day
- Be patient - some days will be better than others

There are also organisations that may be able to help:

[Young Minds - Coronavirus and mental health](#)

[Childline | Childline](#)

2. I'm having technical difficulties working at home.

If it's an issue affecting all pupils, such as the portal being down, please be patient. The school will be working hard to fix the issue and contact you and your parents to explain the nature of the problem and what solution is being sought.

If it is a technical difficulty you are having, you can contact Mrs Wood by email itsupport@barrowhills.org and she will try to help you as soon as she can. However, remember your friends may well be able to help in the meantime.

3. I'm having trouble accessing a computer at home to do the work I'm being set remotely.

If you need to, work out a rota as a family for using a computer or other devices and remember that only some tasks have to be done at a specific time. You need to be honest over the work you need to do and have an agreement with your siblings and parents over the use of the computer. If your family is at the point of a fallout about computer use, or the computer fails so you have no computer, use a phone to email Mrs Wood and explain your situation and she may be able to help you.

4. I don't understand some of the work I've been set.

Contact the teacher who has set the work. Many teachers have set up their classes in Google Classroom or Tapestry. Otherwise an email to your teacher is the best way to access help. Again, your friends may be able to help. Collaborative learning is a good skill to develop and one which will stand you in good stead for the future.

5. I'm being set too much or too little work.

As already mentioned, your Form Teacher will be asking for feedback regularly and any comments relating to workload will be fed back to staff. Don't wait to be asked; if you have any concerns then contact your Form Teacher by email straight away.

6. I need ideas for extra-curricular activities.

This is an area of school life that we want you to continue to experience during this period of remote learning. Inevitably there will be challenges, but we are currently exploring ways to make this happen. There is already a 'Community Board' on our website, filling up with ideas, so if you have any, do contact Mrs Buirski on teb@barrowhills.org

Mr Clarke and Miss Gartland are organising many of the extra-curricular activities, so it would be a good idea to email them too. jcl@barrowhills.org and slq@barrowhills.org

7. Can I still receive credits?

Absolutely, yes! If you look at our pupil profile, you will find you can gain credits in lots of ways, even from home. This is something you could discuss further with your Form Teacher.

8. There are some messages between children on social media that I don't like/are hurtful/worrying.

Some children might make a poor decision regarding email or social media and make inappropriate or hurtful comments or just something that doesn't seem right or worries you. If this happens, you must tell your parents and your Form Teacher. They will help you. If messages are being sent through school accounts, we can trace them. If they are on your own social media, we can still help!

It is crucial that you report anything that upsets you for whatever reason. Teachers are constantly in contact with each other and if the issue is serious, it will be passed on to Mr Crisell and Mr Oldroyd. Consequences will be the same as they would be at school.

9. What is happening instead of residential visits?

It is such a shame that these will not be happening this year but there is nothing we can do about it. The staff will be talking about other exciting things we can do instead but it will take time to organise. If you have any ideas, do share them with your Form Teacher.

Children, I hope this information helps. If you think of something I have not mentioned that would benefit everyone, please do email me!

Finally, when all this is over, we will be back at school, having learned more (perhaps different) things than we could have imagined and be stronger than ever!

Best wishes, Mr Crisell