



## *Newsletter May 15th 2020*

### ***Message from Mrs Reeves, Headteacher.***

I hope that everyone is keeping well and staying safe. Despite changes to the rules for us all in lockdown I want to stress that the advice remains to stay at home as much as possible, if pupils go out of the house they MUST exercise social distancing at all times.

Since the Government's announcement on Sunday regarding school provision going forward I have been working through the guidance and talking initially with senior staff, my Governing Body, other local schools and the local authority. Please be assured that as soon as I have further information I will communicate with you.

Stay safe and thank you for all that you are doing in these very challenging circumstances.

# Lower School

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***From Ms Coyles (Pastoral Manager, Lower School).***

Hello Lower School!

While I have been making phone calls to parents and pupils over the last few weeks, I have discovered that many of you are learning new things that are not part of the brilliant work your teachers are setting you. Some of these have been through the Daily Challenges set by Miss Elkin and Miss Swain, but lots are out of your own creativity and imaginations!

Here are some of the things I have learned recently, which I hope might help you:

**Unusually loud birds** – Since most of the flights have been cancelled, I have heard lots more birds singing outside. If you want to identify which bird is singing, you can download an app to help, there are lots available and I can recommend Smart Bird ID, but there are plenty more to choose from.

**Exploration** – I've explored my local area more on my daily walks, but my family have also explored what is in all of the cupboards and given them a good tidy out – maybe you could help at home by doing that in your room!

**Gratitude** – I am so grateful for the enthusiasm shown by our key workers to keep our country safe, clapping on Thursdays is a great way to express this but another important way is for us to continue to follow the guidelines about staying at home and social distancing. Can you think of ways to show gratitude for the people you live with and are caring for you?

**Quiet** – I have realized that I like quietness, despite me being one of the loudest chatterboxes I know! Have you spent time with no music, away from the noise of your house; maybe on a daily walk? I can recommend it.

**Excitement** – The Lower School team are in the middle of making phone calls to the Year 6s who will be joining us in September and they are very excited to hear from us. This has helped me to learn that we can still encourage people without actually seeing them, which is important at this time.

**Energy** – Some days it is hard to keep up the energy to do our work, but that means we have to continue to be creative with our time and perhaps work to a different pattern to get tasks completed. This is a particular challenge to our

pupils and staff who are fasting; please know that we are all thinking about you right now.

Please continue with all of the hard work we have been hearing about and seeing; remembering to keep a good routine each day, looking after the other people living in your house and doing your daily exercise.

Mrs Coyles 😊

# Upper School

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## ***From Mr Barlow (Head of Upper School).***

*Another week gone in this strange new routine! I very much hope you are all keeping safe and well and were able to find some time to relax over the bank holiday weekend.*

*For all of you in upper school, this is a time of transition. Year 9 pupils will be given their GCSE option subjects in the coming weeks and embarking on your GCSE studies. Year 10 will be stepping up to their final year at Queensbridge and preparing for next year's exams. The current situation is obviously not ideal and can add much more stress into the equation. All I ask is that you do what you can, keep in touch with your teachers and form tutors, ask them questions about the work and ask for help when you need it. We are all in this together and although apart, your teachers are more than willing to support you.*

*Trying to organise your time without the clear routines of school is hard for teachers as well as pupils but it is very important as it can help you feel much more in control and therefore reduce stress. Take a look at this BBC Bitesize advice on time management to help you get organised.*

<https://www.bbc.co.uk/bitesize/guides/z2yxtyc/revision/8>

*Keep going upper school. I hope to see you soon.*

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# *Hello from the English Department.*

Remote greetings from all of us here at QB English! We hope that you're all well and taking care of yourselves during lockdown. We've all been super busy, setting work for you while you're not here with us, and have been delighted with what you've sent us so far. Key Stage 3 has been covering everything from *Crime and Punishment* to *Introduction to Media*, while our Year 10 pupils are doing a fantastic job of preparing for their *GCSE Spoken Language* assessments. Some of you have even found the time to join us on Google Hangouts for our weekly *Story Club*, discussing some of the best short stories out there. With this in mind, we'd like to remind everyone that the best thing you can all be doing for English in these strange times is reading. In a world that can feel overwhelming at times, a bit of escapism is what we all need! If you're looking for something to get stuck into, check out the *Recommended Reading* lists on the Google Drive, or see what your teachers have been reading below. Until we catch up with you again, take care and keep in touch! x

## What are we Reading?

Miss Russell – *Love in the time of Cholera, Gabriel García Márquez*

Mrs Clarke – *Normal People, Sally Rooney*

Ms Garrett – *I am Legend, Richard Matheson*

Mrs Biswas – *The God of Small Things, Arundhati Roy*

Mrs Paetel – *And The Stars Were Burning Brightly, Danielle Jawando.*

Mr Amess – *A Skinful of Shadows, Francis Hardinge*

Ms Hodson – *Where The Crawdads Sing, Delia Owens*

Ms Doras – *A Little Life, Hanya Yanagihara*

Mrs Nelson – *Tales from Titchmarsh: A Year in the Garden, Alan Titchmarsh*

Miss Stewart – *Drive your Plow Over the Bones of the Dead, Olga Tokarczuk*

Miss Howe – *Frankissstein, Jeanette Winterson*

# Other news

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- ***Ramadan Reflections from Mr Shaqur.***

As we fast approach the end of Ramadan 2020, I thought I'd share a few choice thoughts with our school community. Please feel free to ignore this section as I will never wish to impose religious spiel on another. I begin with a disclaimer – I am but a mere mortal, and do not wish to give any false impression of having any deep Islamic knowledge or authority. All views, perceived errors and any unnecessary offence is entirely due to my own shortcomings.

This 9<sup>th</sup> and most blessed month in the Islamic calendar for Muslims has most definitely been the strangest in my living memory and one which will be remembered for many years to come. For one, I miss the many offers of cups of tea from my wonderful colleagues in Pupil Services with an often instant apology for not remembering that I cannot have one while fasting, from said wonderful colleagues! As most of you will be aware, Muslims (subject to medical and other concessions), fast from sunrise to sunset for the duration of the month of Ramadan; currently this is from approximately 3.00am to 9.00pm.

I love this month for its many physical and spiritual benefits. It is in my opinion, very much a personal journey where Muslim's should amongst other things, reflect and take stock of their present spiritual state and their future goals and aspirations, both worldly and beyond. Through hunger and thirst and through pray and meditation and acts of kindness towards family and the wider community, one can gain a deeper understanding of oneself and aim to try and benefit the lives of as many others as possible. This can be done in amongst other ways, by serving others and by giving financially with charity (*Zakaat*), to help the needy and the oppressed.

Due to social distancing and rightly so, congregational prayers at Mosques and the many other community acts of kindness and worship have come to a halt this year for most Muslims. Ramadan 2020 is very much a stay safe at home with family affair with a digital dimension. We share our love and best wishes with wider family, community and strangers alike via our digital devices and apps. We give financial aid to the poor and destitute electronically to help charity workers provide for the poor, the elderly and the needy. We are blessed to have these technologies that so many others in this weird and wonderful world of ours do not.

Ramadan has forever had a 'life goes on' ethos. And in this vain and for those QB pupils who are observing Ramadan, please, I urge you do not use your fast as an excuse to avoid schoolwork, to sleep excessively and to not help with family chores and therefore ruining the very purpose of Ramadan. The many Muslims who work for our most treasured NHS do

not use such excuses and quietly get on with their invaluable contributions along with their non-Muslim colleagues. The many key-workers in our wonderful city (including some of your

teachers!), who may be fasting are not telling their non-Muslim colleagues to excuse them and feel sympathy – this type of attitude is against the very essence of Islam and the spirit of Ramadan. It is far better to not observe a meaningless fast and carry out your daily duties, than to *sleep-fast* in my humble opinion.

I am very happy to hear so many pupils who are fasting, continue to get on as best as they can with their studies and familial duties. I am equally pained by emails from some of my colleagues asking for advice, saying they have made numerous calls and sent numerous frogmails to some of you out of concern for *your* educational success only to hear a parent say s/he is still asleep and using their fast as some sort of divine “get out of schoolwork” card at gone 3pm. If you are one of these pupils, please snap out of this and make the most of these final days of your Ramadan.

So, I ask our wonderful QB pupils (whether you are observing Ramadan or not is irrelevant), to think deeply at this testing time for all of us, about how you can help to make a positive difference to your loved ones. My plea to you oh Queensbridge is to give your time, your energy, your love and your thoughts to your nearest and dearest. Beyond this pandemic we will forget all the little things but we will remember how we made one another feel. How are you making your fellow inmates at home feel? Are you a force for positive energy or are you draining your loved ones and causing unnecessary stress? If your answers are ‘good/wonderful/the most appreciated’ that is all we and your loved ones ask. If your self-reflection is not so positive, don’t dwell on what has happened – you cannot change that but instead look to the now and beyond and be that beautiful being that you most certainly are and sort it!

With much love, prayers and well wishes, Mr Shaqur

Here are a few useful links for Ramadan.

<https://www.bbc.co.uk/news/uk-england-52370878>

<https://www.bbc.co.uk/newsround/23286976>

<https://www.bbc.co.uk/bitesize/topics/zpdtbkb/articles/zjc2bdm>

## Mrs Lee's Big Question #1

Welcome to your first weekly debate. The article below is taken from The Day (30<sup>th</sup> April 2020). Have a read, discuss with your family and decide what you think: **Do we all need a challenge?** Email your vote to Mrs Lee with simply: **Yes** or **No**. All votes received by Monday evening will be included in the results of the poll next week!

### How an ancient mariner became a modern hero



Do we all need a challenge? 72-year-old Graham Walters came within six miles of rowing across the Atlantic Ocean single-handed, showing that age is no barrier to ambition.

“It’s been a rough couple of days with large waves. One wave managed to knock me off my feet: I hit the deck and my knee went through. I have managed to patch the damage. Another large wave pulled the boat onto its side, so I had to **bail out** like mad [...]. As long as the leaks only need to be bailed out twice a day, then all OK. Around 1,420 miles travelled so far.” This was Graham Walters’s Facebook post for 4 March. The carpenter from

Leicestershire was five weeks into one of the toughest challenges on Earth: rowing solo across the Atlantic.

His boat, the George Geary, was one he had built himself in his garden 22 years ago. Yesterday, he all but made it to **Antigua** after a 3,000-mile voyage from the **Canary Islands**. But for adverse winds, which forced him to accept help from a coastguard vessel, he would have been the oldest person to achieve the feat.

There were plenty of dicey moments along the way. According to his wife Jean, “He had a rocky start, with the lights going, a leak in one of the compartments, and the boat bucking like a **bronco**. I worried whether the boat could handle it because it is old. But Graham was very upbeat, and he’s a very determined individual.” At one point, he had a close encounter with a **hammerhead** shark; there was also the danger of colliding with a much larger boat.

To make things harder, Walters had decided to do without a support vessel. This meant that he had to cram everything he needed for his three-month expedition into the George Geary, adding to its weight.

His supplies included dozens of boil-in-the-bag meals and a huge number of chocolate and energy bars. When an electronic device for making sea water drinkable failed, he had to resort to using a hand-pumped one which took 50 minutes to produce half a litre.

This was not Walters’s first Atlantic rowing bid. He already had four successful ones behind him – two with a partner and two on his own. Another attempt had to be abandoned after just one day, when his boat **capsized** in heavy seas. He has called this his “last voyage”. “It sounds like a sad occasion,” he says, “but I would say ‘grand finale’ might be nearer the point, for me and for the boat. For me, it’s to show life has not passed me by.” So: **do we all need a challenge?**

| Some say no ...   | Some say yes ...   |
|---|--|
| <p>Rowing the Atlantic is pointless when anyone can cross it in a few hours by plane. People who set themselves that kind of goal are egotists who cause their family/friends unnecessary anxiety. There is nothing wrong with being normal: everyday life is a challenge in itself, so we do not need to make it more difficult.</p> | <p>We all have capabilities and, unless we are put to the test, we will never discover what they are. Just as body-builders increase their physical strength by lifting ever heavier weights, so we build our confidence and mental strength by trying more and more difficult things. No one ever achieved anything by remaining inside their comfort zone.</p> |

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- ***Careers Education, Information, Advice & Guidance***

Every week where we get new updates from Further Education Colleges and receive exciting opportunities for pupils and parents to listen in to webinars regarding apprenticeships, internships, further training and guidance. All of these can be found in the year 11 home learning file. Any new updates received that week will be at the beginning and will have (New) in the heading. If you have missed any previous updates don’t worry, we have included those for you to look back on.

**Visit the following Careers Websites to find out more information about future careers.**

[www.nationalcareers.service.gov.uk](http://www.nationalcareers.service.gov.uk)

[www.icould.com](http://www.icould.com)

[www.careersbox.co.uk](http://www.careersbox.co.uk)

[www.allaboutcareers.com](http://www.allaboutcareers.com)

[www.prospects.ac.uk](http://www.prospects.ac.uk)

[www.studentladder.co.uk](http://www.studentladder.co.uk)

### **Virtual Resources from Apprenticeship/FE and HE providers**

A wide range of virtual resources are now available for you to look at regarding Further and Higher Education. These range from online taster and open days, virtual tours of the college campus, webinars and information about courses. You can find this information in the folder called 'College Transition' and then look for 'Virtual Resources'.

### **Year 11**

We have been in touch with all colleges and know that you are all progressing well with either apprenticeships, college applications, interviews or accepting offers from them. Our careers advisor has been in touch with some of you over the past weeks and has continued to advise you or help you apply for courses.

We put all of the college updates received on the home learning area so keep checking every week for new information – you can find it in the folder called 'College Transition'.

### **Local College Information**

Colleges are committed to ensuring that applicants are not adversely affected by the current situation. All the information you need on how all local colleges (including SEND colleges) are now dealing with applicants in the Coronavirus situation plus all their contact details should you have specific questions can be found through following this

link:<https://www.birminghamcareersservice.co.uk/colleges/>

More updates to follow next week.

- **TFL**



Queensbridge School recognises the importance of PSHE education and understands that it gives pupils the knowledge, skills, and attributes they need to keep themselves healthy and safe and to prepare them for their future.

Through our Toolkit for Life (TFL) sessions, we promote PSHE education and allow students to develop the knowledge, skills and attributes they need to thrive as individuals, family members and members of society. From making responsible decisions for their wellbeing to succeeding in their first job, PSHE education helps pupils to manage many of the most critical opportunities, challenges and responsibilities they will face growing up.

With the help of Queensbridge staff, Miss Begum has been uploading fortnightly sessions for students to complete at home for their TFL books. Last week students will have completed a session on *personal hygiene* where students explored the significance of why they should take responsibly for their own personal hygiene and understand how playing sports benefits their body and brain. This week students are exploring boundaries, particularly focussing on their online rights and responsibilities. They have been discussing what they would and would not share online with the consequences of oversharing information.

Remember to keep up with the fortnightly sessions so you do not miss out on the fundamental topics you need to keep in your TFL book!

You are  
**Fabulous**

Stay well and safe!

Kind regards,

Miss Begum



- **QB virtual performance!**

We are really excited to let you know that we are planning a QB virtual performance! The plan is to choose a song and send out the backing track. You will then record onto your phone/Ipad/computer (listening to the backing track in headphones), send us the recording and we will attempt to stitch them all together! Obviously we will need parental/carer consent so if you are interested, please email Mrs King on gmail, and you will be sent the backing track and the consent. Both can then be shared with Mr Kumar and Mrs King on G drive. Quick turnaround though - we need your videos by the end of the day on Tuesday the 19th...get singing!

- **Create a short film**

*As the coronavirus/COVID-19 situation continues, and schools are closed and everyone is adjusting to life under lockdown, perhaps this time at home has allowed you and your children to become more aware of your immediate surroundings - the nature and the outside world in your local area. Perhaps you're noticing the change of season in your local environment in a way you didn't before? With fewer cars on the road, fewer planes in the sky, and a little more silence, are you noticing a difference? Has the lack of human activity made a difference where you live, and is that difference a positive thing, or a negative?*



*We want children and young people to **create a short film** and use nature and their surroundings in an engaging and creative way, to capture the calmness and document something they've noticed or appreciated while spending more*

time in their local area. Whether it's in the garden, the local park, or even from inside the home, the natural world is all around us. Encourage children to **get creative and use their natural surroundings** to make a short film, **3 mins or under** in length (including titles and credits) using what equipment you have in the home. Films can be made on a mobile phone, tablet or camera, and we have a range of filmmaking resources to help support you. Check out [www.intofilm.org.uk](http://www.intofilm.org.uk) for more information.

The makers of the winning film will receive a **home filmmaking bundle worth £300**, and two runners up will each get their hands on a year's **subscription to Netflix**. If you'd like any help or advice on entering, please frogmail Mrs Paetel

- **Weekly Frog Challenge:** A reminder that each week a new challenge is set on FROG. You can access this by clicking on the homework tab on your FROG page. QB maths department.

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- **Art Club**

'I found I could say things with colour and shapes that I couldn't say in any other way - things I had no words for.' (Georgia O'Keefe)



Our virtual Art Club is now up and running and each week there will be an artist inspired task for you to create. All resources are in the new 'Art Club' folder on Google Drive. This week's task is inspired by Banksy's amazing work outside a NHS hospital depicting a nurse as a superhero.

Please send your work to Mrs Richardson, Mr Hussein or Mr Kew to put in our virtual exhibition!



- **QB Film Club Recommends**

Every week, QB's Film club would like to recommend some lockdown viewing! This week's choice is the 2001 classic, *Legally Blonde* (12). Film Club members watched this romantic comedy recently on Netflix before having a lively debate

on Google Hangouts. Members agreed that this is much more than a 'girly comedy' and said "It can be seen as a feminist movie because it has the stereotype of a "pretty dumb blonde" but twists it. She defies the stereotypes by actually learning and becoming a sophisticated, smart woman while still staying the same personality wise. She does things her own way while succeeding. She could have had an affair with her professor to get higher up but she chooses to do it her own way with hard work. She initially changed for a man but when she gets the chance to take him back she refuses which shows her character development and her growth to be less reliant on others" Film Club members clearly found Legally Blonde to be an inspiring and empowering film for everyone. Why not check it out? Check back next week for another recommendation!

## Pupil page

Please send your ideas, activities and photos for the Newsletter pupil page to your form tutor via Gmail.

Things to do:-

- Listen to a podcast
- Write a journal
- Share study ideas with other pupils

### • Story Club

***"Reading gives us somewhere to go when we have to stay where we are"***



*Bored of the books you've got at home? Why not try a short story?! In Google Drives you will find the thought provoking, 'Resigned' by Meg Rosoff. Anyone can access and read these stories, and if you'd like to chat about your opinions on the story then join us, next Friday (22nd May) in Google Hangouts.*

*As always, send a message to Mrs Paetel or Ms Howe if you'd like to join in, or if you're unsure how to use Google Hangouts. Staff and pupils can drop in and out of this fun chat, so why not try something new?*

### Recipe of the week.



### So Easy... It's Bananas!

Cream together...

- 8 Tablespoons butter
- 1 cup sugar

Stir in...

- 2 beaten eggs
- 3 mashed bananas

Slowly, mix in...

- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1 & 1/4 cups all-purpose flour

Fold in...

- 1/3 cup walnuts

Pour in greased loaf pan. Bake at 350 degree for 40 to 50 minutes.

Makes one 9 1/2 X 5 loaf or three 6 X 3 1/2 mini-loaves.

MrBreakfast.com



# IT Support

If you are experiencing technical difficulties, please email the IT team who will endeavour to respond and support your query within 24 hours:

[ITSupport@queensbridge.bham.sch.uk](mailto:ITSupport@queensbridge.bham.sch.uk) To ensure the fastest possible response and resolution times, **please provide as much detail as possible** when requesting support from the Queensbridge IT Team.

Required information:

Year Group

User Name (being attempted)

Where the error or issue is occurring ie Frog, Frogmail, Frogdrive, GDrive.

**Screenshots of any errors or onscreen messages are also extremely useful in resolving issues promptly.**

## Stay safe during the Coronavirus outbreak



**We can help control the virus if we all **STAY ALERT****

-  Stay at home as much as possible
-  Work from home if you can
-  Limit contact with other people
-  Keep your distance if you go out (2 metres apart where possible)
-  Wash your hands regularly

 **And if you or anyone in your household has symptoms, you all need to self-isolate.**

**STAY ALERT > CONTROL THE VIRUS > SAVE LIVES**

**Kooth**



**kooth**  
Join our community  
**Mental Health Awareness Week 2020**  
18th May - 24th May  
Sign up for free at [Kooth.com](https://www.kooth.com)

supporting children's  
Mental Health



Links to the Kooth website and a short video about the service

<https://www.kooth.com/>

<https://vimeo.com/318731977/a9f32c87de>



### Video chatting: a guide for parents and carers of secondary school-age children

<https://parentinfo.org/article/video-chatting-a-guide-for-parents-and-carers-of-secondary-school-age-children>

Advice for families is available from the CAT team. If you would like to access this service please email [CATParentEnquiries@birmingham.gov.uk](mailto:CATParentEnquiries@birmingham.gov.uk) with the following information:- your name – The telephone number you would like to be contacted on – The name of your child's school  
Times and dates you are not available.



Our Frontline offers round-the-clock, one-to-one support, by call or text from trained volunteers, or, on Mental Health at Work you can find resources, tips and ideas to support the mental health of key worker groups. To find out more about the campaign click

[https://mail.queensbridge.bham.sch.uk/owa/redir.aspx?C=l7Fb4K9TEthQp0eKzBVtkIsDrbp3\\_4ClfhjPIoW1YTNIWtBbsfHXCA..&URL=https%3a%2f%2fmind-charity.org.uk%2fczc-6USEU-VSBRH8-41LE2G-1%2fc.aspx](https://mail.queensbridge.bham.sch.uk/owa/redir.aspx?C=l7Fb4K9TEthQp0eKzBVtkIsDrbp3_4ClfhjPIoW1YTNIWtBbsfHXCA..&URL=https%3a%2f%2fmind-charity.org.uk%2fczc-6USEU-VSBRH8-41LE2G-1%2fc.aspx) and feel free to join us on our social channels, too.



# Looking after children and young people during the coronavirus outbreak

<http://www.youngminds.org.uk/>



How a child or young person reacts to the coronavirus (COVID-19) outbreak may depend on their age, past experiences or understanding of what's happening.

Parents Helpline Enquiries, from Young Minds, offers advice about mental health in children and young people up to the age of 25. You can call the helpline on 0808 802 5544. Childline offers a confidential telephone counselling service, so your child can speak to someone anonymously. They can: call 0800 1111 any time, free of charge have an online chat with a counsellor check out the Childline message boards

Shout provides free, confidential support with trained crisis volunteers via text for anyone, 24 hours a day, 7 days a week. Text SHOUT to 85258 in the UK, or visit Crisis Text Line for more information.

The Mix offers a free, confidential telephone helpline and online service for young people. They can: call 0808 808 4994 free of charge, from 11am to 11pm every day access the The Mix online community email The Mix



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## • Sleep tips for teenagers - Sleep and tiredness

A minimum of 8 to 9 hours' good sleep on school nights is recommended for teens. Here's how to make sure your teen is getting enough sleep to stay healthy and do well at school.

### Limit screens in the bedroom

If possible, don't have a mobile, tablet, TV or computer in the bedroom at night, as the light from the screen interferes with sleep. Having screens in the bedroom also means your teen is more likely to stay up late interacting with friends on social media. Encourage your teenager to have at least 30 minutes of screen-free time before going to sleep.

### Exercise for better sleep

It's official: regular exercise helps you sleep more soundly, as well as improving your general health. Teenagers should be aiming for at least 60 minutes' exercise every



day, including aerobic activities such as fast walking and running. Exercising out in daylight will help to encourage healthy sleep patterns, too. Read more about [how much exercise teenagers need](#).

## Cut out the caffeine

Suggest that your teenager drinks less caffeine – found in drinks such as cola, tea and coffee – particularly in the 4 hours before bed. Too much caffeine can stop them falling asleep and reduce the amount of deep sleep they have.

## Don't binge before bedtime

Let teenagers know that eating too much, or too little, close to bedtime can lead to an overfull or empty stomach. This can be a cause of discomfort during the night and may prevent sleep.

## Have a good routine

Encourage your teenager to get into a regular bedtime routine. Doing the same things in the same order an hour or so before bed can help them drift off to sleep. Use these [bedtime routine tips](#).

## Create a sleep-friendly bedroom

Ensure your teenager has a good sleeping environment – ideally a room that is dark, cool, quiet and comfortable. It might be worth investing in thicker curtains or a blackout blind to help block out early summer mornings and light evenings.

## Talk through any problems

Talk to your teenager about anything they're worried about. This will help them to put their problems into perspective and sleep better. Read some advice on [how to talk to your teenager](#). You could also encourage them to jot down their worries or make a to-do list before they go to bed. This should mean they're less likely to lie awake worrying during the night.

## Avoid long weekend lie-ins

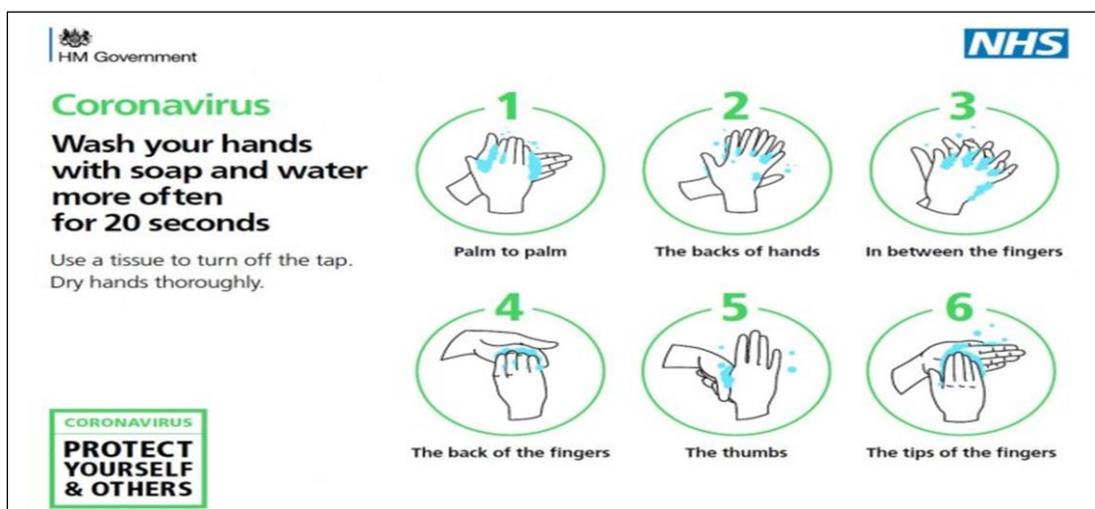
Encourage your teen to not sleep in for hours at weekends. Late nights and long lie-ins can disrupt your body clock and leave you with weekend "jet lag" on Monday morning. Try these [simple lifestyle changes that improve sleep](#).

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# Stay safe during the Coronavirus outbreak

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*Stay alert, control the virus, save lives.*



Advice on keeping good mental health: <https://www.nhs.uk/oneyou/everymind-matters/coronavirus-covid-19-staying-at-home-tips>

Government advice: [https://www.gov.uk/government/publications/covid-19guidance-on-supporting-children-and-young-peoples-mental-health-andwellbeing?utm\\_source=198a9e75-a418-4442-91027c714bd37c3c&utm\\_medium=email&utm\\_campaign=govuknotifications&utm\\_content=immediate](https://www.gov.uk/government/publications/covid-19guidance-on-supporting-children-and-young-peoples-mental-health-andwellbeing?utm_source=198a9e75-a418-4442-91027c714bd37c3c&utm_medium=email&utm_campaign=govuknotifications&utm_content=immediate)

Advice on keeping your body fit: <https://www.nhs.uk/oneyou/for-your-body>

### **Next week's newsletter**

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Articles on:- Mental Health Awareness Week and a hello from the History Department

### ***“Stills in Isolation” Photo of the week***



**Mr Jackson.**

*“Taken on my phone during a daily walk, just 15 minutes from my house...*

*I’d never seen this view of our city skyline before. The field was empty, and it was so quiet even though this field is right next to a housing estate.*

*I was looking at a city of nearly 1.1million people, but couldn’t see anyone.*

*The high-rise buildings in the city centre seemed isolated and alone –rising up through a sea of trees.”*