Archbishop Holgate's School

Expectations for a typical 'on-line' school day

Every day you must follow your 'normal' school day, just online using Google Classrooms. This will help you to learn but also protect your own Wellbeing.

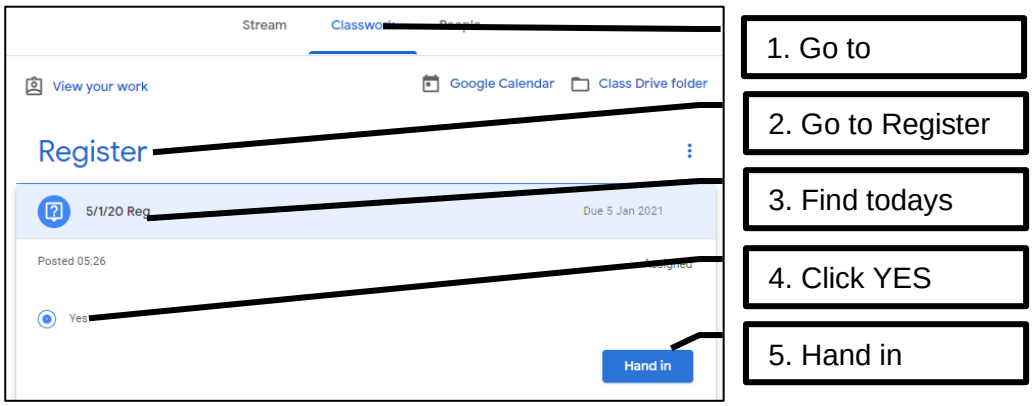
Before 8.30

Get prepared for your school day.

- Have breakfast
- Wash/brush your teeth
- Get dressed
- Prepare your working area

8.30 to 8.50am

1. Go to your ***Year groups classroom*** and join. You need to every day then:
    a. Complete the ***register*** for today, by clicking 'Yes'.



    b. **Read**/do the '***Head of Years' notices***.
    c. Complete the suggested ***Wellbeing Resources***.

8.50 to 3.10

Complete your lessons, following your normal school timetable and the normal school day times.

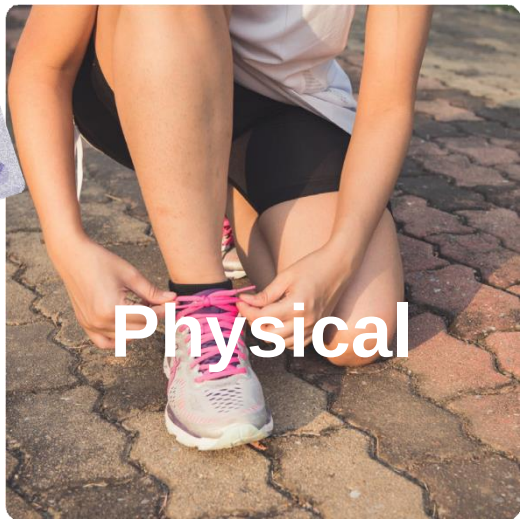
	Years 7, 9, 12 and 13	Years 8, 10 and 11
8.50 to 9.50:	Lesson 1	Lesson 1
9.50 to 11.10:	Break from 9.50 to 10.10 Lesson 2 from 10.10 to 11.10	Lesson 2 from 9.50 to 10.10 Break from 10.50 to 11.10
11.10 to 12.10:	Lesson 3	Lesson 3
12.10 to 1.50:	Lunch from 12.10 to 12.45 Lesson 4 from 12.45 to 1.50	Lesson 4 from 12.10 to 1.15 Lunch from 1.15 to 1.50
1.50 to 2.10:	Complete the PM registration for that day activity. This can be found in your Year group classroom.	Complete the PM registration for that day activity. This can be found in your Year group classroom.
2.10 to 3.10:	Lesson 5	Lesson 5
Wellbeing activities	Complete a Wellbeing activity to reward yourself for a hard day's work.	Complete a Wellbeing activity to reward yourself for a hard day's work.

PLUS: Look after your Wellbeing

By following the school day and keeping to your normal routines when at school as best you can, you are starting to look after your own Wellbeing. You can help yourself further by reading the following ***'#Selfcare'*** principles and thinking about what will work best for you.

#Selfcare

Look after your own Wellbeing

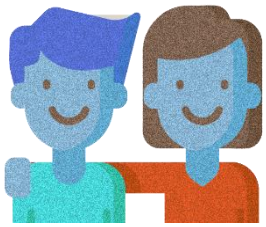


Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing. works for you.

What is self-care?

Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing. Everyone's approach to self-care will look different. What works for you might not work for others. There are lots of different self-care strategies so you can try out different ones until you find something that works for you. The main thing is to find things you enjoy.
Playing football, listening to music, reading. Sometimes having a long bath can be relaxing. Whatever works for you.

1. There are over 90 self-care strategies identified and written by young people on **On My Mind** so you can try out different ones until you find something that works for you.
2. Draw up a plan. Put aside some time every day for yourself and say what you will do.
3. Everyone has mental health. Talking almost always helps and listening always helps others.



Here are some ways people describe self-care:

"Something that refuels us, rather than

"Self-care isn't a selfish act; it is rather about knowing what we need to do in order to take care of ourselves. I don't take enough care of myself, I won't be

"Something you enjoy that allows you to escape whatever is troubling you.

"You need to plan self-care. It won't

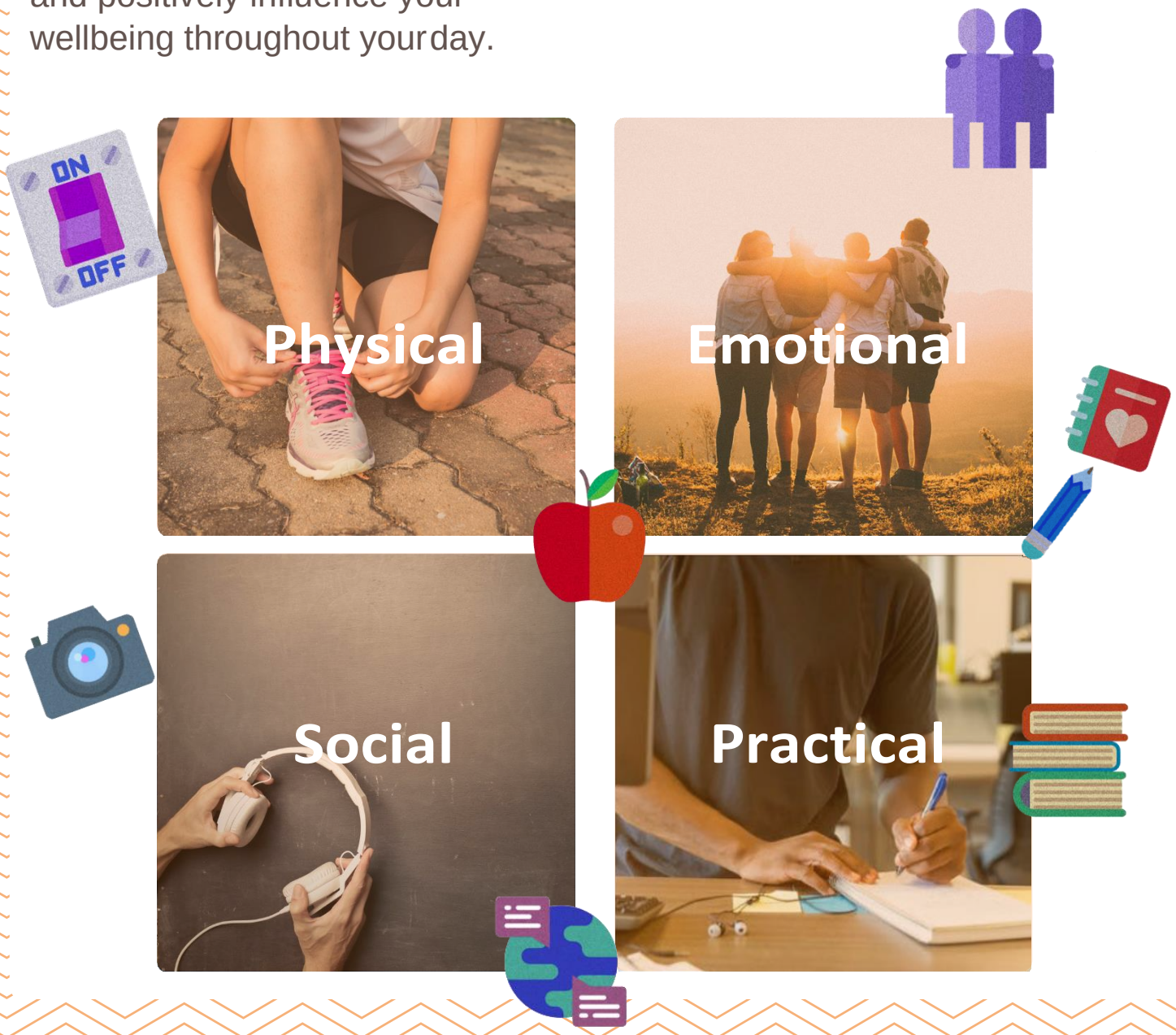
Planning for self-care

By creating a self-care plan you will be able to identify activities that you can use to support your mental health.

You can adapt your plan on a weekly or monthly basis depending on your schedule or priorities.

By breaking down your self-care approaches into different categories (physical, emotional, social and practical) you will be able to monitor and positively influence your wellbeing throughout your day.

We've shared some activities that you may wish to try, and included links so you can read about how these activities have helped other young people when they feel low or anxious. If an activity works, keep doing it. If it doesn't, stop and try something else. You may already have your own thoughts about what you'd like to try. It's up to you.



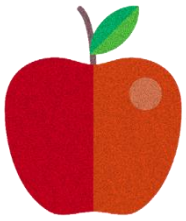
Physical activities

Suggested physical activities

1 . Eat a healthy diet

"I think it helped as I was taking care of myself and swapping processed food for healthier alternatives which gave me more energy and allowed me to take up more hobbies and socialise."

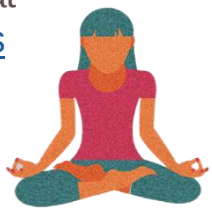
Read more about what young people have said about maintaining a healthy diet and avoiding certain foods.



2. Try some relaxation techniques

"The days can easily become busy and potentially be overwhelming, so having a few minutes in your day just to be aware of your breathing and become fully relaxed can calm the mind completely."

Read more about what relaxation techniques young people recommend.



3. Time away from technology

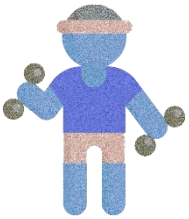
"You may think your phone is essential and without it there is nothing to do, but just see how it feels to take yourself away from it for a bit, it doesn't have to be for long but can make a whole lot of difference."

Read more about how time away from technology can help your mental health and wellbeing.

4. Exercise regularly for 30 minutes

"You can release any stress, anger or tension you have! Doing exercise is also refreshing and gives you time away from work, your phone or staying in doing nothing all day. Being active can help your mind and body to feel better!"

Read more about the wellbeing benefits of physical exercise, walking and sport.



5. Dance

"If you need to find a way to let off some steam or put yourself in a good mood, put on your favourite songs and have a little boogie in the living room. Even small movements make a big difference."

Read more about how dance can help you support your wellbeing.

Emotional activities

Suggested emotional activities

1 . Develop friendships that are supportive

"Being with people who make you feel confident and good about yourself can really boost your mental health. Having a laugh really helps me to feel happier."

Read more about the benefits of spending time with supportive people.

2. Be kind to yourself

"Self-kindness won't necessarily stop your thoughts or feelings from being difficult, but it might provide some small comfort in the midst of them."

Read more about self-kindness and self-compassion.

3. Write three positive things that you did each day

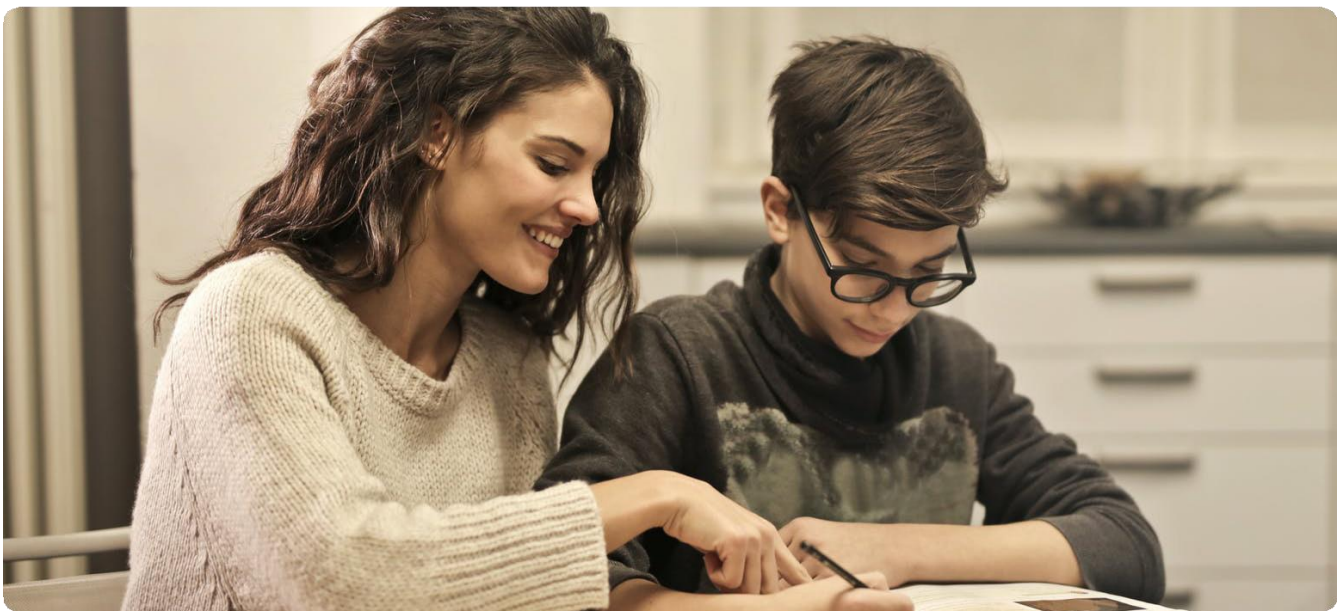
"I enjoy reflecting but often jump too quickly from one thought to another. Writing things down helped me to arrange my thoughts, and now I can go back and reflect on those thoughts."

Read more about how writing things down can help manage difficult thoughts or feelings.

4. Talk to a friend about how you are coping

"Ringing for a chat helps you get away from how you're feeling."

Read more about spending time with friends and the value of trusted relationships.



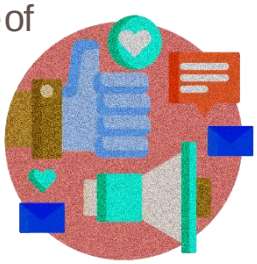
Social activities

Suggested social activities

1 . Talk to your friends online or find an online support group

"Everyone communicates in different ways, and sometimes it can feel easier to talk about what's on your mind via an online chat. You may find this quieter and less pressurising than face-to-face conversation."

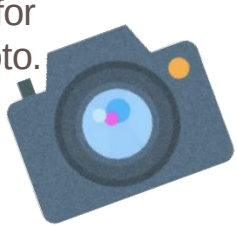
Discover a range of online support groups to help if you're feeling low or anxious.



2. Take part in a photography challenge with your friends

"Photography allows me to look closely at things, and let myself see the beauty in tiny little things. If I don't have a camera with me, it is easy to walk fast and stay stuck inside my own head, but if I have a camera, I start looking out, dragging me out of my own head."

Read how photography can help your wellbeing, including some simple tips for taking a good photo.



3. Create a summer playlist with your friends

"I think it helped because it removed me from the issues which were bothering me. I was able to just enjoy the music rather than having to think about anything else."

Read about how music can lift your mood.

4. Join a local youth group

"'Finding a group of people with similar interests to me really helped my confidence and helped me make new friends."

Read how joining a youth group has helped other young people.

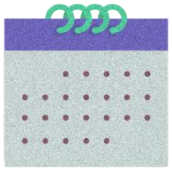
Practical activities

Suggested physical activities

1 . Organise your day

"Writing a list and organising yourself will help to prevent stress. I like to write all of the big things I have to complete on a piece of paper and it makes them feel so much smaller."

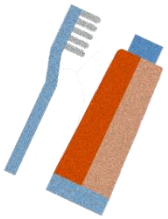
Read how organising your day can help your mental health.



2. Try to get showered and dressed each morning

"It gives you the best foundation to feel good...little things you sometimes forget to do when you're feeling bad...have I drunk enough water today? Have I brushed my teeth? There's apps that help you to remember all those basic things that are important but often go out the window when I'm feeling rubbish."

Read advice from other young people about maintaining personal care and hygiene.



3. Set some goals for the future

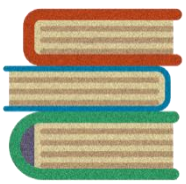
"Goal-setting can give you some extra motivation and encouragement, if you feel you need it. It may also help with your daily routine, giving you something to work towards to get you through the day."

Learn more about how to set achievable goals especially if you are struggling with your mental health.

4. Create a revision timetable

"Just make sure that you don't push yourself too hard or stress yourself. But do take time to research things you enjoy too- not just your school work!"

Discover more about creating a revision timetable and managing stress at moments such as exam test and results.



5. Learn a new language or skill

"I have found learning British sign language to be a great distraction when I'm feeling low or anxious. Learning something new gives me a great feeling of accomplishment."

Read more about how learning languages or new skills can help to support your wellbeing.

My self-care plan

Physical

Chosen activities:

1.....

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2.....

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3.....

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Emotional

Chosen activities:

1.....

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2.....

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3.....

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Social

Chosen activities:

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Practical

Chosen activities:

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2.....

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Where can I find support?

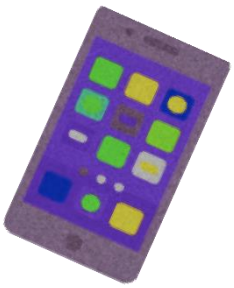
If you or someone you know needs help right now, you should, if possible, try to talk to a parent or carer, or a trusted adult such as your GP.

If talking to an adult is not possible, you can find a list of organisations which offer 24 hour support by text, email and phone on our Urgent Help page or below:

Do you need help right now?

The AFC Crisis Messenger text service provides free, 24/7 crisis support for young people across the UK.

If you are experiencing a mental health crisis and need support, you can text **AFC** to **85258**.



childline

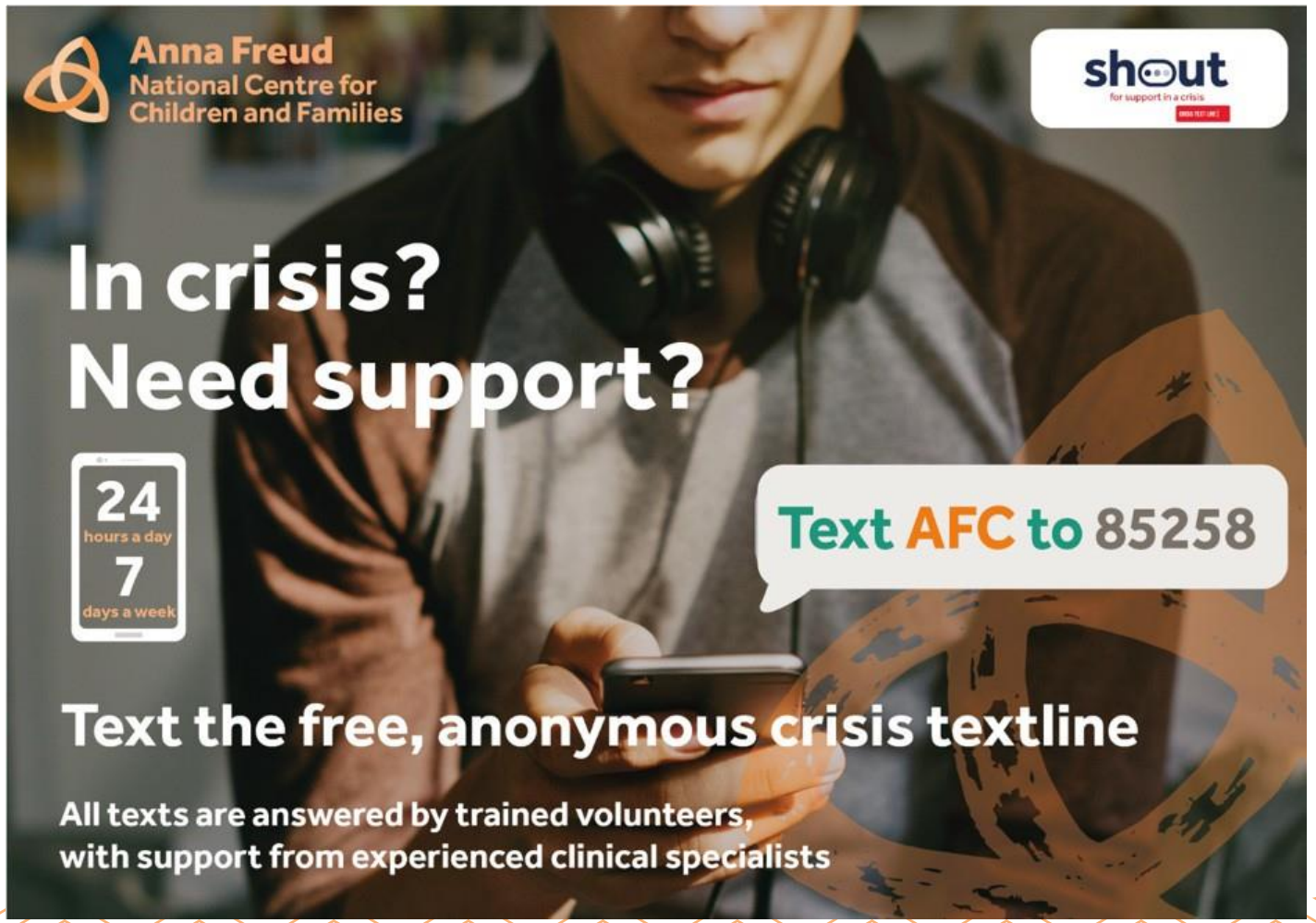
Call: 0800 1111

email | online chat

SAMARITANS

Call: 116 123

email | write

Emergency Services

Call: 999