

The Beaminster School Guide to staying healthy and well whilst learning from home



We all know that the mind needs just as much looking after as the body - if not more. The scale of the current changes in our home and working lives is unsettling for most and we all need time to adapt.

Many parents continue to juggle work and childcare, and almost everyone will be struggling to some extent - with not seeing friends, wider family and not being able to get out and about as much.

Routines are clearly very important to pretty much all of us, they help to create a sense of purpose, but also a sense of accomplishment. Ensuring that we have a healthy work-life balance is essential – as is the ability to clearly separate the two. This has recently become very much more difficult for nearly every family.

If you are set work that you don't understand, or find too much, then do get in touch with your teacher, they are there to help and want to hear from you and offer all the support they can.

So, some advice to those who may be struggling with adapting to this new way of working and living:

1. **Routines:** Keep your weekdays as different to your weekends or holidays as you can. Try to establish a set pattern for each school day (but it doesn't have to mirror the normal school day - it is what works for you and your family).
2. **Getting Up:** Set an alarm on school days. Always get dressed. As both work and play now happen in the same building, some students actually like to put on their uniform - as it helps them mentally and physically differentiate the different parts of their day.
3. **Be Organised:** Set out what you want to achieve - goals, tasks etc. Don't just drift along, otherwise each part of the day will just merge into the other. Don't beat yourself up if you haven't managed to complete every piece of school work set. Your teacher knows you and will understand.
4. **Diet:** Keep eating patterns normal - regular, healthy meals and snacks (rather than comfort eating the wrong sorts of foods!).
5. **Daily Exercise:** Be creative with your exercise - there are loads of ideas online. Setting a particular time for it each day may help with motivation. Try the 9am workout with Joe Wicks and then perhaps try something else whenever you fancy being more active later in the day.
6. **Be Creative:** Cook, make/play music, draw/paint, build things, write a sketch, take photos/make a film. These types of productive tasks are really enjoyable and rewarding.
7. **Be Helpful:** Help with chores and perhaps with other siblings' school work. Try helping with things you don't usually do or with tasks you are not usually around for because you are at school.
8. **Stay in Touch:** Facetime friends and family, message folk and book in times to meet up as a group – virtually. Check out what is going on in the world, but limit your time online and don't let 'bad news' about the virus break your positivity.
9. **Have Fun and Stay Positive:** Set time aside for games, hobbies or interests – or just generally playing/larking about with your family and pets.
10. **Relax:** Listen to music, read, watch TV and cuddle your pets!

There are also some useful well-being resources available on the school website, including a link to a free mindfulness course.

Stay safe and well.

Be kind to yourself and each other.