

Wellbeing Wednesday Week 1 (25.03.20)

Please use **#HHSwellbeingwednesday**

The focus for today is how to set up your routine of working from home and how to stay connected. Try out the ideas below and add more ideas to share if you have any other suggestions. Remember to use the #HHSwellbeingwednesday.

1. How to set up a homeworking routine

The video below shares 5 simple ways to improve your home set up – remember students have paper work packs or access to the VLE where teachers will be setting their work. This is also a guide to help you as adults if you are homeworking.

<https://www.thesun.co.uk/video/fabulous/five-fabulous-tips-for-homeschooling-your-kids-under-quarantine/>

Top tips

1. Get ready for the day as usual

Get out of pyjamas and put on normal clothes, shower and get ready as if you were going out as usual. The prospect of working in pyjamas is appealing to just about everybody, but there is a real psychological benefit to dressing for your job/school even when you're at home. It has been shown that wearing shoes also helps you feel focused.

2. Set up a working space (and then clear it away)

Set up a desk or table in a quiet corner of the house where laptops, textbooks and notes can stay out for the working day. If you have them, set out pens and paper. When you finish working for the day, tidy away all work then the house becomes a home again and you are ready for downtime.

3. Put phones away (unless they are being used for learning)

Remember that our phones are important to stay connected, but social media can also sometimes be a negative influence. Decide on a policy as a family and try and integrate periods of 'no screen time' into your day.

4. Ask for help

Look at the specifications for the exam boards your child is studying. Have a look on the VLE and online platforms such as BBC bitesize, save my exams and s-cool if you need more support, or encourage your child to contact their teacher. Most children will have heard about the science of learning from their teachers but the learning scientists website is brilliant with accessible resources for both parents and students to help understand how the brain learns. <https://www.learningscientists.org/>

5. Try and set your hours and tasks and tick them off as you complete them
Sticking to time is important and feeling like you have achieved something in the day will help pass the time. See below an example of a daily routine you could set up. Remember – flex your time to suit you. It is also important to take regular breaks from work and from screens.

- **8.30-9am:** *Memory Box decorating*
- **9-9.30am:** *Joe Wicks PE*
- **9.30-10.30am:** *Online academic learning*
- **10.30-10.50am:** *Break time*
- **10.50am-12pm:** *Cooking session 1 (Homemade Shortbread)*
- **12-12.30pm:** *Lunch time*
- **12.30-1.30pm:** *Online academic learning*
- **1.30-2.30pm:** *Cooking session 2 (Homemade Shortbread)*
- **2.30-3.30pm Enrichment:** *Planet Earth (Episode 1.2 Mountains)*

6. Mental health and wellbeing matters

Look after each other; this is a difficult time for everyone. Make space for your work and allow some quiet time to do something for you. If you feel you need support there is the school safeguarding number on the website, as well as the websites kooth (<https://www.kooth.com>) and youngminds (<https://youngminds.org.uk>). Why not set up a daily family facetime call or call with friends? There is also a section on the school website to help with this: <http://www.harrogatehighschool.co.uk/parents-carers/mental-health-and-wellbeing-/>

2. How to stay connected

It is important at this time that even though we may not be able to see friends and family face to face that we still stay connected. There are various apps linked below where you can set up group video calls and chats to stay in touch. Why not have dinner with friends over facetime? Arrange to cook to same meal and share it together, or call a relative using one of the technologies below:

- Zoom <https://zoom.us/>
- Facetime (on iPhone) <https://support.apple.com/en-us/HT209022>
- Google hang out <https://hangouts.google.com/>
- Phone call. Plan in the calls you want to make in the week.
- Houseparty app - you can play games and music in your chat <https://www.houseparty.com/>
- Use this template to call an elderly relative and ask them these questions:
 1. When were you born?
 2. Did you have any brothers or sisters?
 3. Did you share a bedroom?
 4. What games did you play when you were little?
 5. Did you have any jobs to do at home?
 6. Were your parents strict?
 7. Did you have any pets and what were their names?
 8. Did you play any sports?
 9. What was your favourite subject at school?
 10. What did you want to be when you grew up?