



KCC Wellbeing Newsletter

Article 24 (health and health services)
Every child has the right to the best possible health. Governments must provide good quality health care, clean environment and education on health and well-being so that children can stay healthy.

Welcome to the KCC wellbeing newsletter. We are all having to adapt to a new way of living, working, learning and being. We want to make sure we can continue to support your wellbeing while we are not at school.

As we start this week we will have been in lockdown for 12 weeks and although the conditions of lockdown have been eased a little life is still very different for us all. We are missing family, friends, sports, the clubs we belong to and of course school. Some of us will be wanting to have more freedoms and others of us will be anxious about the changes being made. For those of you in years 10 and 12 the idea of going back to school may be really welcome and for others of you it may be causing you to worry. This week we will focus on some of the concerns that young people have expressed about the impact of lockdown on their lives and offer some tips and guidance to help with some of these worries

5 ways you can look after yourself and others

- Practice physical distancing but stay connected
- Send kind messages to friends and family
- Use reliable sources to find out accurate information
- Nourish your body and mind with healthy food
- Share your worries with a trusted person

12. SPECIAL REPORT by Mathew, 17, part of UNICEF UK's Youth Advisory Board FirstNews Issue 728 29 May - 4 June 2020

HOW IS HOME-SCHOOLING?

We asked children and young people about their education during lockdown.

- 1 IN 10 RESPONDENTS SAID THEY ARE NOT BEING HOME-SCHOOLED
- 58% ARE FINDING HOME-SCHOOLING STRESSFUL
- 1 IN 5 SAID THEY ARE WORRIED ABOUT FALLING BEHIND AT SCHOOL

WHAT DO CHILDREN THINK ABOUT LOCKDOWN LIFE?

CHILDREN'S lives in the UK are being upended by the closure of schools and other restrictive measures made to contain the coronavirus, and many feel their opinions and feelings are overlooked on issues that affect their lives. With schools in England proposed to open on 1 June, UNICEF and First News asked children aged 6-16 to share their experience and opinions about the impact of the lockdown on their lives.

Mathew, 17, is a member of UNICEF UK's Youth Advisory Board (YAB). She helps the charity make sure children's voices are heard during the coronavirus pandemic.

With this extra time, our school has more time to monitor less than ideal plans, including the water possible outcomes and slowly starting to believe that it's where the future lies.

WHAT ABOUT THE FUTURE?

It is clear from the poll that children and young people are worried about the future, and with so many concerned about falling behind, it's clear why respondents wanted to get back to school.

MORE THAN HALF SAID THAT THEY WANTED TO GET BACK INTO THE CLASSROOM SOON

"Many of us didn't expect to be spent over the possibilities of issues that was a time when that would have been every student's dream. A lot of us have been feeling like we are no longer in control of our future, which can understandably make us anxious."

WHAT'S WORRYING YOU?

When asked what was most worrying them, some things stood out more than others.

- ALMOST 40% OF RESPONDENTS ARE WORRIED ABOUT NOT SEEING THEIR FRIENDS
- A THIRD OF YOUNG PEOPLE ARE CONCERNED ABOUT THEIR PARENTS OR GUARDIANS GETTING ILL
- NEARLY 30% OF CHILDREN AND YOUNG PEOPLE WORRY ABOUT CATCHING COVID-19 THEMSELVES
- 17% OF RESPONDENTS SAID THAT THEY ARE WORRIED ABOUT STAYING SAFE WHILE 15% ARE WORRIED ABOUT THEIR FRIENDS STAYING SAFE

LOCKDOWN LIFE

Children and young people have been severely impacted by the coronavirus outbreak, and many of them are worried about what's going on - as shown by the results of the poll.

62% ARE WORRIED ABOUT THE IMPACT OF CORONAVIRUS ON THEIR LIVES

"Reach out to friends and family, who may be in a similar situation and be able to discuss your feelings with you."

UNICEF UK's Youth Advisory Board has written an open letter with more than 14,000 signatures, calling on the Government to address UK children directly on the coronavirus response and how, as the survey shows, it has impacted children's lives.

UNICEF and its partners all over the world are working to make sure children's rights are protected during and after the pandemic. Find out more at www.unicef.org/uk

UNICEF UK commissioned Opinion Matters on a poll of 750 parents of children aged 6-16 in the UK.

This survey from Unicef and first news has highlighted some of the key concerns young people have expressed about the impact of Covid-19 and lockdown on their lives.

We thought it would be useful to share the results so that you can see that we share the same kinds of worries and that these are totally acceptable and normal responses to the situation.

We want to remind you that although we are not in school you are not alone and there are many ways you can access help and support at all times.

Unicef know that being able to find information about Coronavirus is really important for children and young people. And so they put together a guide to help you find information you need.

You can find this using the link below.

<https://www.unicef.org.uk/working-with-young-people/coronavirus-guide/>



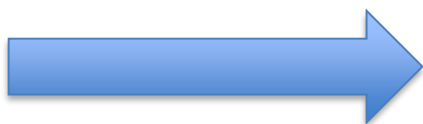
Top tips for you can follow for your own well-being

- Connect with others
- Give your time or help to others
- Keep learning
- Be present – listen with care, take some time to enjoy the moment and the environment around you
- Stay active

Letting go of things you cannot control

What a strange time this is for us all. Life seems to be changing day-to-day, and there is a lot we don't know and can't control. The problem is focusing on what we cannot control often takes our energy and attention away from what we can control.

Focusing on what we can't control makes us less effective. The more time and energy we are spending on the things we can't control, the less time and energy we're spending on the ways in which we can make a difference. This is especially important right now when there seems to be so much outside of our control. We can't control how long this will last, or when and how the lockdown rules will change – but there are things we can control. We need to focus our time, energy and attention on the parts of our lives we can change.



I CANNOT CONTROL
(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE AMOUNT OF TOILET PAPER AT THE STORE

THE ACTIONS OF OTHERS

HOW LONG THIS WILL LAST

MY POSITIVE ATTITUDE

TURNING OFF THE NEWS

FINDING FUN THINGS TO DO AT HOME

HOW I FOLLOW CDC RECOMMENDATIONS

LIMITING MY SOCIAL MEDIA

MY OWN SOCIAL DISTANCING

MY KINDNESS & GRACE

PREDICTING WHAT WILL HAPPEN

OTHER PEOPLE'S MOTIVES

HOW OTHERS REACT

Clipart: Carrie Stephens Art
The-CounselingTeacher.com



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Some of the key concerns young people have are based around school work and friendships. Luckily these come in our areas that we can control! Always keep in mind our circle of control.



Home- schooling

Over 58% of young people said they were finding home –schooling stressful. If you are one of them here are some suggestions that might help you. We are all adapting to the new situation even your teachers and we will all have found this to be a new challenge. Don't be afraid to ask for help.

- Talk to someone about your worries

Let someone know if you are finding it difficult. You can always send your teacher, tutors or head of year an email if you are finding any part of home-schooling stressful. There will always be help available for you.

- Have a flexible routine that works for you

Having a routine is important but each family has a different circumstance at home. You might be sharing a lap top or have unreliable wifi. Following your timetable might not be possible. Allowing for flexibility might ease some tension. Let your tutor know if you have any worries.

- Set realistic expectations

Not everyone has the same situations at home as others. You may not have someone at home that can help you. You will all learn and complete tasks at different speeds – it might well take you longer to do the work set than others or you might find it harder to work at home without your teachers.

So be realistic about what you can do. As always if you are worried tell your tutor or message your teacher. We are here to help you.

If you get behind or feel like you can't do everything – ask for help.



Everyone makes mistakes. There is always a way to help you get back on track.

Social distancing, isolation and missing friends and family

Social distancing and self-isolation can be really hard to deal with. It's normal to feel anxious, frustrated or bored, and lonely. We are all missing seeing our friends and family and you might worry about our friendships and how being apart might affect them.

Remember our control circle you can control how you act, what you say, what you do, how you behave, how you respond to someone. So if your problem is missing your friends.

Think about the sentence:

How can I make this better?
the next step is to think of several ideas for solving an issue.

Reach out

You're probably not the only person feeling worried, bored or frustrated. It's a good time for a catch up, so don't be afraid to make the first move and reach out to someone you haven't heard from in a while. They'll probably be very grateful to hear from you. Send them a message and let them know you care.

Perhaps your friend doesn't have a phone, so you can't FaceTime. But maybe you can email or play a game online together, or call them to talk.



A problem shared is a problem halved

If you tell someone about a problem, it will be easier to deal with it.



Accessing support

Anxiety UK - 0844 475 774

www.anxietyuk.org.uk

Childline - 0800 1111 24 hours a day. Confidential advice for children and young people.

www.childline.org.uk

Relate - 0300 100 1234 Relationship support for all ages. <https://www.relate.org.uk/>

Samaritans - 116. Confidential support for people experiencing feelings of distress or despair

<https://www.samaritans.org/>

YoungMinds - 0808 802 5544 9.30am - 4pm Monday to Friday. Committed to improving the emotional wellbeing and mental health of children and young people.

www.youngminds.org.uk

Kooth- provider of online mental health services for children, young people and adults <https://www.kooth.com/>

Send a motivational text to a friend who is struggling

Arrange a cup of tea and virtual catch up with someone you know

Arrange to watch a film at the same time as a friend and video call

SHARE YOUR SKILLS

Offer to skill share with a friend via video call - you could teach guitar, dance etc.