

MENTAL
HEALTH

IS JUST AS IMPORTANT AS

PHYSICAL
HEALTH

PSHCE Bulletin

Our Story

Welcome to your PSHCE Bulletin, Monday 1st June, 2020.

I hope that you had a restful and productive half term. Next week, on Tuesday 9th June, it is Empathy Day.

The times in which we find ourselves have led us to think differently about the usual ways that we do things. School, for example, your education, has been solely conducted online. The rules about being with people physically have also changed, and continue to change. These changes have been difficult and create new challenges for all of us.

One of the things to think about is being empathetic. That is, putting ourselves in other people's shoes and trying to understand how they feel. This is important for a few reasons. One is that we are now much more online and empathy has different challenges in the online world. Another is the varying experiences that people have had during lock-down. For many people this has been a hugely stressful and difficult time and many people have suffered with anxiety, illness and loss. Many others are scared for themselves or their loved ones getting the virus. We can't know the experiences of other people but we can know and control our own actions and how we behave towards others. Being empathetic might be more important than ever.

With this in mind there are a few things that I would like you to do this week - use the lesson you are sent about empathy online to consider how empathy works in our virtual worlds; access the library reading tasks based around Empathy Day; share your own stories about what this time has been like for you and what you have done to help yourself and those around you. There is more information about this from your tutors, within the PSHCE lesson and in the links below.

One reason to be empathetic is to be connected to each other. We have all been separated over the last months and I'd like us to create our own empathy project so that we can re-connect and start to understand what it's been like for each other. Sharing stories is one way that we can do this. Before we had social media, before YouTube, before TV, we were telling stories to each other. These stories helped us to make sense of the world and to understand each other and the things that occurred in our lives. Stories are thousands of years old. One of the positive things that we can do with technology now is to share our stories more widely than ever before. You all have your own stories of the time we've been apart. These might be stories of how you've been coping at home, how you've been feeling in isolation or about not being in school or the cancellation of exams, or it might be about how you feel about going back to school.

So I invite all of you to share your stories. This will be our own empathy project and will help to remind us of the core values we see in our Tallis Habits and Tallis Character - we are persistent, kind, imaginative, optimistic, collaborative, respectful... And by being empathetic we will change the world for the better.

Useful Links and Contacts

Empathy Lab hosting Empathy Day - <https://www.empathylab.uk/>

Find out about the Empathy Museum - <http://www.empathymuseum.com/>

Hear how young people around the world have coped with being at home - <https://www.voicesofyouth.org>

Childline - www.childline.org.uk Phone: 0800 1111

Kooth - free, safe and anonymous online support for young people <https://www.kooth.com/>

There is also a huge range of resources on the school website, from activities to careers and maintaining good mental and physical health - <https://www.thomastallisschool.com/schoolclosureresources.html>
