

MENTAL
HEALTH

IS JUST AS IMPORTANT AS

PHYSICAL
HEALTH

PSHCE Bulletin

Tallis Futures

Welcome to your PSHCE Bulletin, Monday 18th May, 2020.

This week I want you to think about the future! Not hovercrafts and space tourism (although you can think about those things if you want to) but about what you want your life to be like, taking opportunities and achieving your goals.

One of the things that may be open to us during this period at home is more time. It may sometimes seem like there's nothing to do. You might feel demotivated or bored. However, this is a time where we might be able to take up opportunities that we never thought we would have time for. You could learn a language or take a course. Listen to a podcast or join a webinar. You could learn to knit or read some books. As a result of our enforced isolation, organisations have been creating a wealth of online content and ways of meeting that seemed futuristic.

Imagine that it is a few months from now and you are meeting your tutor again, or going to an interview at a college or a university or for a job. When you go to this meeting you take with you a list or the portfolio of things that you did over the time you spent at home. What would be on your list? What things would be in your portfolio? What would this time look like, seen when looking back? You could even start putting things together now to see how it looks.

There are often challenges in our lives. These challenges can provide us with opportunities to learn and grow. However, when we are in the midst of big changes and challenges it can be hard to see ahead, beyond what is happening right now. At these times it is even more important to think about ways that we can see and seize the opportunities that are presented to us. This week's session helps to identify some of the ways that you can do this.

Every week your tutors send out a powerpoint session, quiz, links and ideas for things that you can do. There are also a huge number of things in the Tallis Newsletter and on the school website. This week, choose something from one of these places or the links below. Take the opportunity to do something new or continue something that you love. Start making your CV or a portfolio of how you have spent these days at home. Remember again the Tallis Character trait of Optimism and the Tallis Habits of Discipline and Creativity and Perseverance. Our Tallis Futures are bright.

Useful Links and Contacts

Futurelearn - for free online courses - <https://www.futurelearn.com/>

Duolingo to learn a language - <https://www.duolingo.com/>

Careers information - <https://www.bbc.co.uk/bitesize/careers>

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>

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

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