

MENTAL  
HEALTH

IS JUST AS IMPORTANT AS

PHYSICAL  
HEALTH

# PSHCE Bulletin

## Working from Home

Welcome to your PSHCE Bulletin, Monday 20th April, 2020.

This week you may start to get more school work from your teachers. You might be finding it hard to get motivated or to get yourself to do the work that you are being set while you are not in school. But getting organised and including school work in your daily routine can help you to feel productive and be beneficial to your mental health.

This is an excellent opportunity to practice the Tallis Habit of Discipline. Self-discipline and self-management are important life skills and there are a range of ways that you can practice these skills. Things like making a personal timetable (with relaxation and leisure time included), keeping a diary or setting small, achievable tasks.

However, it can feel stressful. Your computer doesn't work or you don't understand the tasks you have been set. Or you feel like there's so much to do. Plus, there are so many distractions! It can be tempting to just forget school work and watch more TV or play video games or surf the internet for hours. So how can you make home learning work for you so that you stay calm and keep up with your learning?

- Create a study area - this doesn't have to be a permanent space. It could be the kitchen table or your bedroom floor. Just mark it out when you go into it so that you are ready to learn.
- Get dressed - if you get yourself into some clothes that feel like your 'study clothes' then you might feel more mentally prepared
- Manage your time - if you find it easier to do work in short bursts then limit each session
- Plan your day - work out what you want to do. Don't over-schedule and plan in breaks

Remember to talk to someone if you're feeling overwhelmed. Your teachers will understand. Be well. Stay healthy.

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### Useful Links and Contacts

Action Jackson, How to Stay Productive During the Lockdown - <https://www.youtube.com/watch?v=E6VYLmQdw4s>

PE with Joe Wicks - <https://www.youtube.com/watch?v=3Z05939ZMbE>

Yoga with Adriene - <https://www.youtube.com/watch?v=0eJoUIBhLkE&t=167s>

Mindfulness - <https://www.mindful.org/how-to-practice-mindfulness/>

Childline - [www.childline.org.uk](http://www.childline.org.uk) Phone: 0800 1111

Young Minds - [www.youngminds.org.uk](http://www.youngminds.org.uk)

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

Well-being resources on the school website - <https://www.thomastallisschool.com/schoolclosuresresources.html>

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# HOW TO LEARN FROM HOME

## 6 Good Habits to Get Into

by @inner\_drive | [www.innerdrive.co.uk](http://www.innerdrive.co.uk)



**1**

**Prioritise school work along with self-care.**

**2**

**Create a To-Do list at the start of the week for some added structure.**

**3**

**Don't spend all day in bed!  
Adjust your body clock to a healthy cycle.**

**4**

**Make sure you're getting all the nutrients you need and drinking enough water.**

**5**

**Get some exercise and fresh air at least once a day to rejuvenate your body and brain.**

**6**

**Socialise with your friends via video call and work together to achieve your goals.**