

WELLINGTON
COLLEGE



LOOKING AFTER YOURSELF DURING LOCKDOWN 3

“We’ve done it once, we’ll do it again”



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Introduction

So, you were all excited about getting back to school. Then you were told about the phased return. 24 hours later you were in lockdown again and faced with the reality that you would be learning online again until at least half term. It doesn't matter whether you are an online learner extraordinaire and love the creature comforts of home or someone who hates sitting in front of a screen and would rather be with your friends and back at school – no one can argue that this has been a very unsettling few weeks and the goalposts have changed again. Some of you have also had exams cancelled and are faced with the prospect of 'Centre Assessed Grades'. Oh, and it is Winter...and cold....and dark.

You will all be feeling differently about the current situation - some of you may be feeling angry and frustrated and some of you may be feeling relieved; some may be feeling relaxed and in control whilst others will be anxious and have ever-rapidly escalating concerns about a variety of different issues. Take some time to recognise where you currently are and to give yourself compassion – however you are currently feeling is normal for you. Speak about how you are feeling (whether good or bad) with friends and family and be honest with them – there is nothing to be gained from hiding your true emotions.

This leaflet contains information in an easily accessible form which will help you navigate the next few months when the College remains closed and you re-enter a period of remote teaching and learning. We have tried to collate helpful advice and information and also learnt from our experience of the first lockdown so that there is a resource bank which you will find helpful.

Do remember that it is important to recognise what you are feeling and try and work through the cause – what is filling you with fear? What did you not enjoy about the last period of lockdown? What worked for you? What didn't work? What might you change this time around to make your life easier and more manageable and who do you need to ask for help from in order for you to achieve this? Whilst it is important to reflect back, it also important to remain in the present – focus on the here and now and take every day as it comes. This period of time will pass and by putting your own mental health and wellbeing first, you will not only “get through” the coming weeks, but you will “get through well”.

It is also important to remember that you have been through this before and, whilst we are currently in the throes of winter, spring is on its way and just as you will begin to see new buds forming on the trees, you will continue to grow as an individual and a community during this challenging time.

Pastoral support and help in College

Our aim is to continue to offer you a similar experience in 'virtual' Wellington as you would have if you were here. We have learnt and listened to you and your HMs about what worked well last time and what did not!

Houses

As in the Summer Term, your Houses will remain the important central hub over the course of the next weeks and months. Your HMs, tutors and Matrons are still here to support you and we will be trying to stick to routines as much as possible. To that end, the following will be happening on a weekly basis:

- The week will start with a College assembly

- There will also be a House assembly at the beginning and more House time towards the end of the week (the exact times of these are determined by individual Houses)
- A weekly group tutorial with your tutor and regular 1-2-1 session. These will be carried out via Teams.
- Matrons really enjoyed having the opportunity to connect with you over the summer and will be organising open sessions and you can get in touch with them to speak to them on a 1-2-1 basis as well.

We will aim to recreate as many of the other aspects of House life as possible – competitions etc. There will be more coming out regarding this in due course. Staff are deep in thought about the Music competition!

The Health Centre

For pupils based in the UK and registered with the Ringmead GP Practice they can still consult the GP service at this time. The Ringmead GP Practice is based across 3 surgeries: two in Bracknell and one in Crowthorne. Like all GP surgeries in the current situation they are consulting with patients by telephone consultations and so as registered patients, this service would be available to pupils wherever they are currently residing in the UK.

The number for the Ringmead Practice is: 01344 208060. You can also access their website and use e-consult to obtain health advice: <https://www.ringmeadmedicalpractice.org.uk/>

The nurses in the Health Centre will respond to emails as normal.

Counselling

Again, this continues to be available as before, but all sessions will be delivered virtually. If you are currently receiving counselling, your counsellor will re-establish contact once term starts. If you would like to organise speaking to a counsellor, then do email counsellor@wellingtoncollege.org.uk email address.

Other support

Some of you may access mental health or other support from sources external to Wellington. We hope that these are able to continue to support you, but please do let us know (either through your HM, tutor, DAW, DAL, the counselling team, or the Health Centre) if you are struggling with this and we will do our best to help.

Mental health and wellbeing

If you are worried about the impact of this third lockdown on your mental health or simply the effect of CV19 as a whole – on you, your friends and family – you are not alone. The CV19 pandemic is an uncertain time for all and it is natural that it will affect our mental health in different ways. However, you are feeling right now is valid.

Your thoughts and feelings may manifest as something as simple as a general feeling of unease to more serious anxiety or depression. Any existing mental health issues may also be exacerbated by the current situation. Equally possible, of course, is that the current situation can lead to positive outcomes in terms of mental health. Even though it is Winter, there are plenty of opportunities to connect (with family, friends, nature and the outdoors), to learn something new, to finally get around to getting things in order, or simple to reflect on life in general by slowing down and trying meditation or yoga.

There is plenty of advice available on the internet, and this can be distilled into 3 key strategies that the College recommends all to follow:

- Stay connected
- Have a routine
- Put your Wellbeing lessons into practice

What does this mean in practice?

Stay connected

With College

You will obviously be joining lessons and be doing lots of normal activities via email, Teams meetings and on the website. Be as proactive as you feel comfortable with – the important thing is for you to feel that the connection is still there. Your teachers and activity leaders will be asking you to turn on your cameras – it is good to see others and it also helps you feel more engaged.

With friends

Think about how you would normally do this. If you are used to going to breakfast or dinner together as a group, perhaps check in with each other at this time of day. What would you normally do at break or lunch? Can it be recreated? The challenge here is to do this whilst also balancing how much time you are spending on/off screen (see the Wellbeing section below).

It is also worth being aware of your role in helping others. It is even more important than normal that you are inclusive in your friendships and ensure all are invited to group chats. Your support of each other in the Summer Term was heartening and positive; please do continue this.

With family

Again, you will probably not have much choice about this, since most of you are 'locked down' in your homes. Some of you will love the opportunity to spend more time at home; there will be others of you who will find it a lot harder if you have a more difficult relationship with your parents or other siblings. Here are some things to remember:

- Everyone will be anxious or frustrated about the current situation – you, parents and siblings. This is normal but might affect how you behave to each other. Try to be supportive and understanding of your whole family. Practise gratitude and forgiveness. Talk openly and honestly about your feelings. Try and think of how you can carve out space for yourself within the home.
- Make a real effort with extended family, such as grandparents and aunts and uncles. They will really appreciate you connecting with them.
- Some of your parents may have a difficult situation to juggle in the forthcoming weeks – they will be trying to keep work going remotely, trying to keep the cupboards fully stocked with food, perhaps helping to teach younger siblings and helping to support older friends and relatives. Consider what you can do to support them at this time. Some of your parents might have financial anxieties as well.

With the wider world

It is still a good idea to stay in touch with the news...but not obsessively so. Better is to have a think about how you might engage with the local community and do what you can to help others less fortunate than yourself. This could be something in your local community or via the Wednesday afternoon programme.

Have a routine

- Keep busy and at a level which you are productive.
- The timetable will be the same as the Summer with good breaks in the afternoon for you to get outside, get some fresh air or some exercise. There won't be lessons at the weekends - use this space to take a real break from your screens and do activities that you enjoy and gain relaxation from. Think about what worked for you before and when you were performing at your best.
- If you struggle to motivate yourself to do exercise, then add this to the timetable (or do this on Tuesday, Thursday and Saturdays as you would at school)
- Ensure your routine includes plenty of time away from screens. We have timetabled free time in the afternoons on Tuesday, Wednesday and Thursday – plan how you are going to use this (and talk it through with your tutor or HM).

Put your Wellbeing lessons into practice

You have all followed the Wellbeing course at Wellington during your time here. For some of you it will have been something that has already had a real impact in your lives, for others perhaps less so – this may be about to change! Remind yourself about what you have done in the course [here](#). Mr Morris sends an annual email about Wellbeing which has some great ideas in it – the text of this email is [here](#). Particularly important are some of the things covered in the 3rd Form part of the course, e.g.:

- [Sleeping, eating and exercise](#)
- Connecting with nature and managing [screentime](#) (and see below).
- [Managing conflict](#)
- Developing resilience and avoid falling into damaging [Thinking Traps](#).

Helpful websites and resources:

There is a whole variety of support available both internally and externally to help you with your mental health and wellbeing. Below are the ones we think are really helpful and which students have

recommended. Different things work well for different people, so don't be disheartened if you try something and it does not work for you – have a rethink and take a different route.

Internal sources of support:

Counselling team: counsellor@wellingtoncollege.org.uk

Health Centre: HealthCentre@wellingtoncollege.org.uk

Main pastoral contact for any general questions or concerns (Mr Walker): daw@wellingtoncollege.org.uk

Secondary pastoral contact for general questions or concerns or to report anything which has made you feel unsafe or if you have concerns about what might be happening at home or if one of your teachers has behaved inappropriately (Mrs Lynch): dal@wellingtoncollege.org.uk

Please remember that the following individuals might also be able to help:

- Friends or an older pupil, such as a house prefect or mental health ambassador
- Your HM, tutor or Matron
- Mr Morris (especially with wellbeing advice)
- Father Adrian, the College Chaplain (ASO@wellingtoncollege.org.uk)
- A member of staff who has been specially trained in mental health first aid. These are:

All HMs	Mr Waller
Mr Farrell	Miss Flanagan
Mrs Sutcliffe	Mrs Winders
Mrs Lynch	Ms Gomez
Mr Nickisson-Richards	Mr Mancuso
Mrs Farrell	Mr Craig
Mrs Solano-Martinez	Mrs Hodge
Miss Babalola	Mrs Atherton
Mrs Opie	Ms Candappa
Mrs Park	Mrs Poynter
Miss Atkinson-Perez	Mr Foyle
Mr Wilson	Mr Jones
Mrs Long	

Tips on coping with uncertainty

Focus on the present – you can only do your best with what you have today. Focus on the moment and the tasks you have to achieve today. Mindfulness is one way of bringing your mind back to the present. There are some great apps which you can download to help you practice mindfulness. Try:

The mindfulness app

Headspace

Calm



Bring things that are certain back into focus – whilst there might be a lot of things that are uncertain at the moment, there are things to be hopeful and positive about. Focus on the aspects of your work and life that you can be sure about and appreciate the good things. Take opportunities to reset and relax.

Talk to people you trust – it is so important to talk about how you feel. Don't just dismiss your concerns or judge yourself harshly. Getting an outside perspective can be incredibly helpful. Think about who has “got your back” and remember that people like to help and like to listen.

Cancelled exams

Young Minds: <https://youngminds.org.uk/blog/how-im-coping-with-exams-being-cancelled/>

Doing something a bit different

Couch to 5km: <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

Mental health apps

The NHS has a superb page of apps which support your mental health in “real time” here:

<https://www.nhs.uk/apps-library/category/mental-health/>

We would recommend:



Calm Harm
Reduce urges to self-harm and manage emotions in a more positive way
Free



BlueIce
This app helps young people manage their emotions and reduce urges to self-harm
Free



MeeTwo
A safe and secure forum for teenagers wanting to discuss any issue affecting their lives
Free



ThinkNinja
ThinkNinja is an app that helps 10 to 18 year olds learn about and manage their mental health
Free during the coronavirus (COVID-19) crisis



Wysa: stress, depression & anxiety therapy chatbot
Touchkin Health & Fitness ★★★★★ 71,119
PEGI 3
Offers in-app purchases
This app is compatible with your device.
Add to Wishlist **Install**

Really good websites and support:

General mental health

Winter lockdown advice: <https://news.sky.com/story/covid-19-what-a-winter-lockdown-means-for-mental-health-and-tips-for-coping-12179886>

Youngminds: <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

Anna Freud: <https://www.annafreud.org/on-my-mind/self-care/>

Place2be: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/december/6-ways-to-support-children-s-mental-health-this-winter/>

Childline: <https://www.childline.org.uk/> (to call: 0800 1111)

Mindfull: www.mindfull.org

Charlie Waller: <https://www.cwmt.org.uk/>

The Mix: www.themix.org.uk

Kooth: <https://kooth.com>

No5: <https://no5.org.uk/>

Mind: <https://www.mind.org.uk/information-support/>

The Calm Zone: www.thecalmzone.net

It gets better: <https://itgetsbetter.org/>

Need2know: www.need2know.co.uk

SANeline (0300) 3047000

Youth Access 020 8772 9900

Bullying

www.bullying.co.uk

www.kidscape.org.uk

<https://www.youthoria.org/home/life/1239711634.411/>

Bereavement

Daisy's Dream (0118) 934 2604

Winston's Wish (08088 020 021)

www.childbereavement.org.uk

www.crusebereavementcare.org.uk

Eating disorders

<https://www.beateatingdisorders.org.uk/coronavirus>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/treatment-support/>

<https://youngminds.org.uk/find-help/feelings-and-symptoms/eating-problems/>

OCD

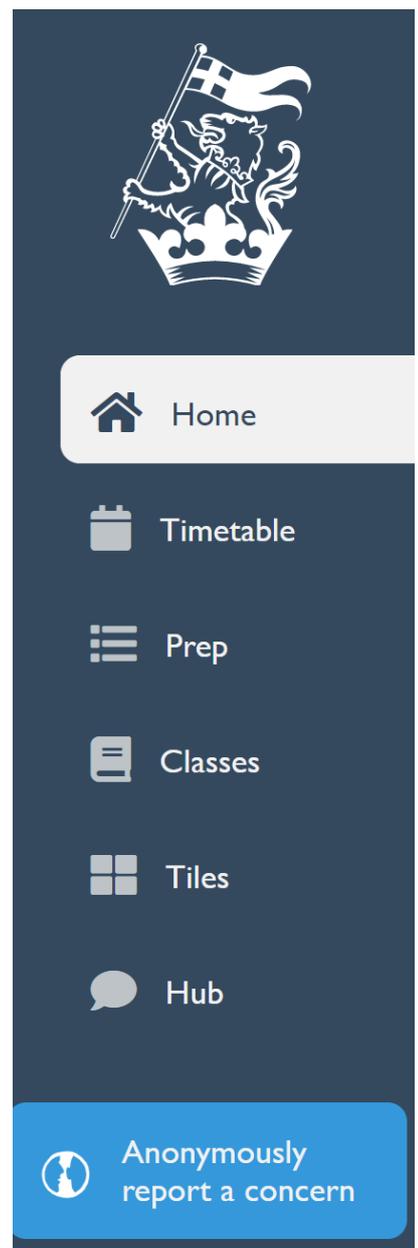
<https://youngminds.org.uk/find-help/conditions/ocd/>

<https://www.nhs.uk/conditions/obsessive-compulsive-disorder-ocd/>

Asking for help and reporting anonymously

The College has been using Whisper, an anonymous online reporting tool for a year now. You can use this space to seek help and advice for yourself or report a concern about a friend. No one knows who you are and many students have found this extremely valuable in alerting staff to something which is concerning them. It can be used for anything.....do give it a try.....

You can access it by going to MyWelly and clicking on "anonymously report a concern".



A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER

 @BELIEVEPHQ



LIGHTING

On dark mornings wake up gradually with increasing light. Try out a SAD light or lumie bodyclock



LIMIT NEWS

Limit the amount of time you spend on social media and checking news



TAKE TIME FOR YOURSELF

Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you engage in some self care



STAY CONNECTED

Even though it might be difficult to see friends and family it is important that you stay connected to them on a regular basis



COPING STRATEGIES

Identify some positive strategies you can engage in that help you to deal with stress, worry or anxiety



PLAN YOUR WEEK

Organise your week and plan in activities that provide you with a sense of pleasure and achievement



POSITIVE HABITS

Write down a list of 5 - 10 positive mental health habits you can engage with on a regular basis to maintain your mental fitness



HELP OTHERS

Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions



CONNECT TO YOUR VALUES

Re connect with things that are important to you and try to engage with them on a regular basis



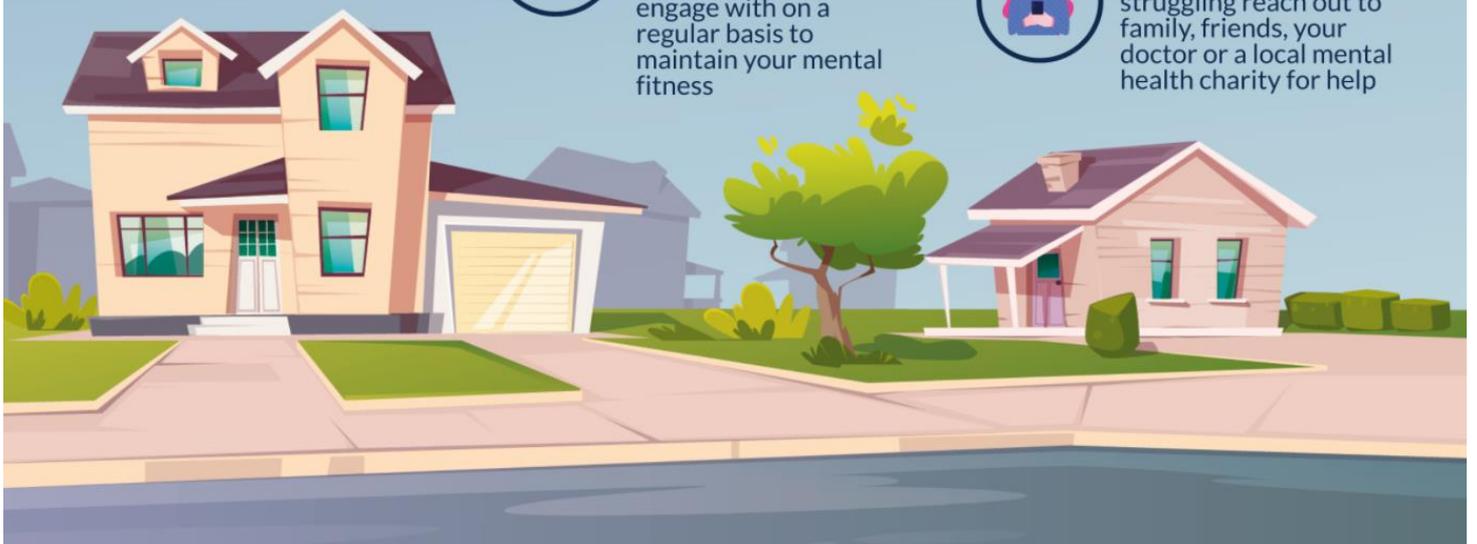
STAY ACTIVE

Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood



ASK FOR HELP

If you notice yourself struggling reach out to family, friends, your doctor or a local mental health charity for help



Increased screen time and online presence

Introduction

One of the biggest impacts that all students reported on in the first lockdown was the increased amount of time you were expected to have. Some of you reported headaches, eye strain and posture problems. Your teachers are now much more aware of the tasks that they are setting and will try to be varied in what they are asking you to do. Before you start your online lessons, look at your own workspace and be practical – is your chair at the right height? Is the lighting in your workspace adequate? Is your work area free from distractions and a calm place? Are you ensuring that you are sitting correctly and not slumped in a bed? Is your screen the right distance away from your eyes? Do ask your parents or tutor for advice on getting it right.

There also continues to be a lot in the media about how online technology can be misused and abused. It is important to recognise that some criminals continue to exploit the current COVID-19 situation and there has been a marked increase in spam, scams, misinformation and online grooming of young people. This section will help you navigate these issues but let's start with the positive – there are many constructive ways in which technology has been – and will continue to be – a great source of support to you. It will enable you to:

Stay connected with family and friends – using a whole host of different platforms such as MS Teams, Skype, Facetime, Zoom or HouseParty you can make contact in a variety of different ways to ensure that you stay in touch in real time.

Use technology to work on things together with your family and friends – you can use technology to bring your family together. There are many online quizzes and family events which are suitable for everyone to do together – exercise challenges, dance parties, keep fit workouts.

Take an online course – perhaps you have always wanted to increase your knowledge in a particular area or learn a new skill. There are a whole range of online courses which you could do which might help your future career or enable you to hone a new hobby.

Top tips to stay safe:

It is also important to remember how to protect yourself online and refresh your understanding of remembering how having an increased online presence could mean that you find yourself in a tricky situation. The COVID-19 situation means that you are more at risk from things like account hacking, people abusing your social media settings if you are not secure, online grooming (including radicalisation) and adults taking advantage of you and peer on peer online abuse (cyberbullying).

1. Create some time in one of your days this week to check the privacy settings on all the apps you use. Always keep your privacy settings as high as possible.
2. Never post any personal information online – like your address, email address or mobile number.
3. Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
4. Never give out your passwords.
5. Never befriend people you don't know; remember that not everyone online is who they say they are.
6. Never meet up with people you've met online – you don't know who they are and what their motives are. If you do feel pressurised, tell someone you trust – a friend or any adult and tell them what is happening.
7. Think carefully about what you say before you post something online – it will always be there and may come back in future years to stand in the way of a promotion or getting a job.
8. Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude. Try to understand everyone's point of view and perspective – if you do this online, it will help you with your face to face interactions with other people as well.
9. If you see something online that makes you feel uncomfortable, unsafe or worried leave the website, turn off your computer if you want to and tell a trusted adult immediately.

If you follow all the above, you will significantly decrease many of the risks associated with an increased online presence and learning remotely and in a virtual environment. Always remember that it is much easier to 'drop your guard' when you are online; stay alert and think before you act.

Reporting online concerns

Please share any concerns that you have with an adult that you trust:

A parent or member of staff at College (your HM, tutor, teacher, Dr O'Loughlin or Mrs Lynch) and they will get you the help and support you need. You can also report anything directly to CEOP:

<https://www.ceop.police.uk/Safety-Centre/>

This is an excellent resource to help you as well:

https://www.thinkuknow.co.uk/14_plus/Need-advice/Online-grooming/

Sexting and selfies – the naked truth

Sharing a picture of yourself takes seconds and before a minute has passed, loads of people who you may or may not know have viewed your selfie. Lots of people share photos of themselves regularly - like holiday snaps, silly selfies, or group shots with friends. Some people might think that sharing more revealing photos, like naked or semi naked (nude) pics happens all the time too. But that's actually not the case - research shows it's not something that most young people do. Although not everyone's doing it, you might be thinking about sending a naked selfie, either:

- To a boyfriend or girlfriend
- As a way to flirt with someone you like
- To make your friends laugh
- Or because you feel pressured to

Whatever the reason, there are *always* risks involved, particularly if you're not doing it because you want to. There's always a chance that an image could be shared further, which makes it important to say no if you don't feel comfortable. Saying 'no' is not always easy, especially if it's to someone you really care about. There is some excellent advice here about ways you can say no and what to do if you have already shared an image that you might be worried about:

https://www.thinkuknow.co.uk/14_plus/Need-advice/Selfies-and-sexting/

Online gaming – tips for playing safe

There is a game out there for everyone and video games are arguably better than ever because almost all of them allow you to play online with your friends. There are 2 billion gamers across the world and the benefits include improved coordination, problem-solving skills and brain speed. Gaming can be great fun but always remember to:

- Treat other gamers with respect and also play fairly
- Always keep personal information private
- Ensure that any content within the game is not racially, religiously or sexually offensive

Gaming also provides a gateway for you to chat to people that you have never met in real life and you can feel that you know them well. Still remember that it is easy for people to lie online and some gamers may well put pressure on you to do things that you are not comfortable with. If you are a gamer read the information here: https://www.thinkuknow.co.uk/14_plus/Need-advice/online-gaming/ which highlights the gamers that you should be looking out for and 5 steps for safer gaming.

Cyberbullying (peer on peer abuse)

It is often easier for people to be nasty and unkind over social media and the internet because they feel they have a "screen" to hide behind. Cyberbullying behaviour might include:

- Abusive texts and emails
- Hurtful messages, images or videos
- Imitating others online
- Excluding others online
- Humiliating others online
- Spreading nasty online gossip and chat
- Creating fake accounts to trick someone or humiliate them

If you are being cyberbullied it is really important to tell someone. Likewise, if you are aware that someone in your year group or house is a victim of cyberbullying, don't be a passive bystander. Do something about it – it is only by people standing up to bullies that the cycle is broken. Remember, the bully may go on to hurt someone else and the lifelong effects can be devastating. Here are some important things to remember:

Resist the urge to respond

Resist the urge to respond to any hate targeted at you online, it usually just makes it worse. Often people will say hurtful things just to get a reaction and you don't want to be associated with that or provide them with any reason to get you in trouble as well. Stick to treating people the way you want to be treated online and offline, and you will definitely feel better about yourself.

Screenshot evidence

Before you block or delete, make sure you screenshot. If you've seen or been the target of mean or nasty stuff online, your immediate reaction might be to make it disappear, but it's really important you keep evidence of it.

Report and block

Most social media services, games and apps have a function that makes it easy to report and block online bullying. You can find all of the different ways of reporting and blocking apps here:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-social-media/#Blockingandreporting>

Talk to someone and report it

Cyberbullying can make you feel isolated and like everyone is out to get you, but that's not the case. Make sure you talk to people you trust and get support from your parents or someone you trust at the College.

At this particularly sensitive time be alert to comments that may be being made about race, disability, home circumstances and health. What might be being perceived as "banter" may actually be extremely hurtful or upsetting to an individual. If you are concerned about the language or way in which someone in your year or house is behaving, please tell someone.

What to expect from your teachers

The teaching staff at Wellington have been given very specific advice on the way in which they contact you remotely, their own professional conduct and appropriate behaviour. This is the case for all of your online lessons, tutorials and one-to-one interactions. Many schools are not allowing their teachers to live stream their lessons or have individual interactions because of the risks involved. Wellington College has made the decision that we trust our teachers and their professionalism to get this right and be given the means to enable you to access the best education and support during this time. However, we do rely on you to tell us if you think that:

- A teacher is being inappropriate in a lesson – use of inappropriate language or showing favouritism for example
- Is being unusually friendly or sharing personal information in a tutorial or one to one lesson
- Trying to organise one to one meetings via any other platform other than MS Teams
- Trying to organise one to one meetings at strange or unusual times
- Making you feel pressurised to do something which is unfair or inappropriate
- Not providing you with work or not marking your prep which you have done

Please contact Mrs Lynch (dal@wellingtoncollege.org.uk) or Mr Walker (daw@wellingtoncollege.org.uk) if any of the above is a concern to you – even if it is just a 'niggle' or 'hunch'. They will take any concern that you have seriously and will deal with it – sensitively and ensuring that there will be no negative consequences for you if you get in touch and raise something which just doesn't feel "quite right".

Making sure you are safe – “Safeguarding”

Specific risks

You may not be aware, but your safety and well-being is assessed on a daily basis when you are at the College. Your teachers, HMs and tutors are all looking after you and ensuring that you are doing ok – they talk regularly about your progress and your wellbeing and do their best to help when they know that you might be struggling or if there is an issue. They will continue to try and do this remotely, even though it is a little harder but they want the best for you and want to be there to help where possible. There are details about this in the mental health and wellbeing section in this booklet.

Being at home at the moment might be particularly hard for you. The latest lockdown has left families with unusual pressures and circumstances which are unprecedented. There are certain situations which might be affecting you and it is important to seek help and talk if you are finding things hard. Here are a few issues which CV19 might highlight in your family:

Relationships – if you had a ‘tense’ relationship with any members of your family (parents, step-parents, brothers and sisters) before the CV19 outbreak you may well have found that these have worsened due to the fact that you have no “escape” and are living in such close proximity.

If your parents were struggling with their relationships beforehand, the CV19 outbreak may have put an even greater strain on their ability to communicate with each other. Added pressures such as loss of income, loss of job or financial concerns may add an extra strain. You might find yourself stuck in the middle of it all and not knowing where to turn. One of your parents might have a physical or mental health concern which has worsened during CV19 or has meant that they have had to self-isolate for a long period of time.

If both of your parents are working very hard with their own jobs, you may find that you are feeling a bit left out and like you don’t matter. You might be struggling with your work because of not having the help that you would normally get when you are physically at school.

You may even experience a combination of all of the above. If you are, then please talk to someone. This could be a friend, your HM or tutor, a counsellor or another adult at the College that you trust. Even just talking about it might alleviate your anxieties and concerns and they will be able to work through with you. You never have to go through things alone and asking for some help is a sign of great strength, not a weakness. Talking about your feelings early is also crucial – if you let them fester and build up, they will usually get worse.

There are also some important behaviours which are totally wrong by an adult and need to be spoken about. These are the areas that Mrs Lynch spoke to you all about at the start of the academic year. These are listed below with the NSPCC website links which explain in more detail what it might look or feel like.

These are:

Domestic abuse: <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/domestic-abuse/>

Neglect: <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/neglect/>

Emotional abuse: <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/emotional-abuse/>

Physical abuse: <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/physical-abuse/>

Sexual abuse: <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/child-sexual-abuse/>

It is incredibly important that you contact your HM, or Mrs Lynch or Mr Walker if you feel that you are experiencing any of the above. You will not be in any trouble and you will receive help and support.

Their details are:

Mrs Lynch	dal@wellingtoncollege.org.uk	07825419190
Mr Walker	daw@wellingtoncollege.org.uk	07717765343

If you would rather speak to someone outside of the College, then the following organisations are there to help you:

Childline	0800 1111
NSPCC	0808 800 5000

If you are in any immediate danger, then you must call the Police on 999.

If you are worried about a friend, you must also speak to an adult. Although your friend may have told you “not to tell anyone else”, there are situations that do need you to pass information on so that your friend can be safe and be speaking to people that can help them. Never think “but what if I am wrong?”; think “what if I am right?”

Your HMs will be sending regular check in surveys, as will the College. Please do fill this in honestly and giving as much information as is relevant for you.

How can you spot signs of concern in your friends?

Your friend might not feel able to talk about what is happening to them at home. However, if you feel that any or several of the following might be relevant, do talk to someone. Your friend:

- Acts overly happy – suspiciously happy; but you sense that they might be smiling on the outside but crying out for help on the inside
- Asks for your advice on some of the issues mentioned in this booklet
- Starts to avoid contact with you and others; they stop responding to social media and seem unusually distant
- Does not seem themselves when you organise a ‘group chat’ or have a tutorial or lesson with them
- Seems to avoid eye contact or evade questions if you ask what is worrying them
- Reports not being able to concentrate well on work, that they are feeling low or unable to sleep – on several occasions rather than just a one-off
- Appears nervous or anxious, unable to relax and is irritable and edgy
- Just does not seem themselves – they have low self-esteem, report feeling depressed or stressed and loses interest in their hobbies and activities
- Seems really sad – they cry or are very angry
- Says there is nothing wrong when there is obviously something wrong
- Withdraws from all friendships, and other friends report being worried about them
- They stop taking an interest in their schoolwork, when previously they have done well and been engaged

These might be difficult to pick up when you cannot physically be there for them, but even if you just have a slight concern or hunch, it is really important to let someone know and talk through your worries with them. Then make a plan about what to do, which involves getting an adult involved - either encouraging them to seek help, or you speaking to an adult for some advice. Again, this could be your HM, tutor, teacher or Mrs Lynch or Mr Walker. At home, it might be one of your parents or an older brother or sister. You can also seek confidential advice from the counselling team: counsellor@wellingtoncollege.org.uk

David Walker and Delyth Lynch, January 2021



**We will get through
this together**