



pastoral

THE URSULINE HIGH SCHOOL NEWSLETTER FOR PSHEC & PARENTING

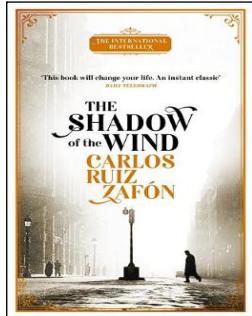
No.45
July
2020

Headteacher's Recommendation

The Shadow of the Wind

Carlos Ruiz Zafón

Carlos Ruiz Zafón the Spanish writer Sadly died last month. His book 'The Shadow of the Wind' was acclaimed internationally, the atmospheric setting, the narrative, the love story, and action make it a good holiday read!



Help & Support

This newsletter outlines the extensive support available for your daughter throughout the period of school closure. It also outlines additional PSHEC recommendations for your daughter to utilize in addition to their online learning.

Summer Wellbeing support

Please find here where you can access support for your wellbeing should you wish to over the holidays.

The Education Wellbeing Practitioners (EWPs)

While schools are closed during the summer break, they are continuing to support young people virtually (over the phone or video call). They are offering the following interventions:

- 3 session intervention on sleep hygiene
- 3 session intervention on tackling the lack of energy and lack of motivation that many people are experiencing during social distancing
- 3 session intervention on managing worries
- 8 session intervention on understanding and managing anxiety
- 8 session intervention on understanding and managing low mood

Please find a self-referral form and flyer on our Health and Wellbeing page [here](#). This can be emailed to: InfoMertonWP@swlsg.nhs.uk

Note: the EWP service cannot work with young people who are already accessing support via CAMHS.

There are also:

kooth

Kooth – www.kooth.com. Online support services for young people, 11-25 years. It offers free online counselling from 12pm-10pm Mon -Fri and from 6pm-10pm Sat/Sun

TALK TO US

OFF THE RECORD

Off the Record - www.talkofftherecord.org/merton/ offers online and telephone counselling support to any student at a Merton school.

Please do not hesitate to contact us if you are concerned about your daughter's wellbeing. You can also refer to the helpful NHS guide on '[Staying Well at Home](#)' here. We hope your family stay safe and well.

KEEPING 'MENTALLY WELL'

FOUR COPING SKILLS

1. Sleeping
2. Relaxing
3. Moving your body
4. Connecting socially

Keep calm, stay positive!

Read the full article by Psychology today [here](#).

Take a look at the wide range of stress and anxiety e-books [here](#)- they're all FREE!

FEEL GOOD ACTIVITIES FOR YOUR DAUGHTER TO TRY

- [Cook dinner / Learn to bake](#)
- [Complete a reading challenge](#)
- [Create a vision board](#)
- [Create a photo story](#)
- [Enter a writing competition](#)
- [Learn a new skill- such as animation](#)
- [Write letters to elderly family members](#)
- [Take a virtual tour](#)
- [The great indoors](#)
- [Grow your own food](#)
- [Clean up their technology](#)
- [Reorganise their space / De-clutter wardrobe](#)
- [Practise some mindfulness](#)

"There is no greater wealth in the world than peace of mind!"