



ST RICHARD'S
CATHOLIC COLLEGE

Pupil Support

Dear All

As we enter this difficult time we may well experience a wide range of emotions. What is going to be of absolute importance is how we now work to support each other remotely. Your teachers will be setting work for you via Edulink or Google Classroom. Please keep a daily routine and keep on top of your work. You must check your school emails, edulink and tasks set on google classroom daily.



Please remember that you should be logging in by using the 'Sign in with Google' button as your Google passwords are set to never expire.

If you need any IT support please email itservices@strichardscc.com for help.

Emailing teachers about work

Teachers will be available to answer emails between 10am –12 noon each school day – this is to help with any support needed around your learning. In the coming weeks, there will be a requirement to submit work for marking and your teachers will make it clear how to do this and what the deadlines are.

Spiritual support

Jo will continue to support you remotely. Please do not hesitate to contact her on missdoylej@strichardscc.com and a reminder of the chaplaincy twitter page @STR_chaplaincy where weekly prayers and updates will be posted. Prayer vlogs will also be shared.

Pastoral and Well-being support

We will be providing pastoral care and support throughout this time. An email account has been set up and is being run by the pastoral team. It is checked daily from 9am-2pm.

pupilsupport@strichardscc.com

Please do not hesitate to use it, if we can offer you support or signpost you to support in anyway. Any pupil who would like a telephone conversation from a member of the pastoral team is warmly invited to get in touch. Please use this email to arrange this. Some staff will also be available in school to offer pastoral support so get in touch if you would like to talk to a staff member fact to face.

School Counsellor

Our School Counsellor will continue with her sessions via telephone. She has been making contact with pupils already receiving counselling support to set this up – if you were absent in the last week and receive counselling please email mrsblighd@strichardscc.com so we can ensure this continues.

Supporting each other

I have no doubt that you will be an amazing support to your friends and family during this time. Whilst the situation means that you are unlikely to see friends in person there is a great deal you can do to support one another remotely. Be thoughtful and kind in all your interactions. Support your families as best you can; we absolutely believe and know you can do this and do this well. **We are proud of each one of you and know that you will continue to shine ‘remotely’ during this time.** Let us all make a concerted effort to be there for each other. Listen to and respond carefully to Government advice so that we can all protect the precious vulnerable in our communities.

Website support services

In case they could be of use to you or others, a number of general apps and website support resources now follow.



<https://www.ceop.police.uk/safety-centre/>



<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/report-nude-image-online/>



Report any nude images of any



The app, which features a special keyboard, combines machine-learning technology with the ability to keep a diary of their emotions to allow children the chance to record how they're feeling and why.

NSPCC

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>

<https://www.commonsensemedia.org/>

<https://www.thinkuknow.co.uk/>

Apps that could prove useful



What's Up? Free app (with add on purchases). Uses CBT (cognitive behavioural therapy) and ACT (acceptance commitment therapy) to help you cope with depression, anxiety, stress and more.



SAM (Self-Help for Anxiety Management) helps you understand and manage anxiety through self-help exercises and private reflection.



Headspace Live a happier and healthier life with this app's bitesize meditations. Great for stress and for sleeping difficulties. It also offers SOS exercises for distressing times.



MindShift is an app developed for young people to combat anxiety and teach everyday coping strategies. This app will help coach you in challenging situations.



Calm Harm helps you to resist the feelings of wanting to self-harm and help you manage your urges.



Down Dog Yoga is a free app (options for paid membership) that will help you practise yoga and home (or anywhere!)



Rise Up + Recover is just the app for you if you are struggling with food, dieting, exercise and body image.

Useful Websites

E-Motion - www.e-motion.org.uk Online counselling for 12-18 year olds in East Sussex

Moodjuice - www.moodjuice.scot.nhs.uk free CBT printable workbooks to help with a number of difficulties – low mood, anxiety, shyness, PTSD, Sleep problems etc.

The Blurt Foundation - www.blurtitout.org/resource/self-care-info A gigantic hug in a box, packed full of products to nourish, inspire and encourage self-care

Students Against Depression - www.studentsagainstd Depression.org Students Against Depression provides you with a calm environment and the resources to help you find a way forward

Messaging Services

Young Minds - Text YM to 85258 - If you are experiencing a mental health crisis and in need of support, the Young Minds crisis messenger service provides free, 24/7 crisis support

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

CALM - www.thecalmzone.net/help/webchat/ - 5pm 'til Midnight every day - The Campaign Against Living Miserably (**CALM**) is an award-winning charity dedicated to preventing male suicide

Useful Phone Numbers

Samaritans (24 hours) helpline 116 123 or email jo@samaritans.org

Papyrus HOPEline (Mon – Fri 10am-10pm 0800 068 41 41, 2pm-10pm weekends and bank holidays 0800 068 41 41 or text 07786209697 or email pat@papyrus-uk.org

Sussex Mental Health line (Mon-Fri 5pm to 9am, 24hrs weekends and bank holidays) 0300 5000 101

NHS out of hours 111 or call 999 if it is an emergency



STOPP

S Stop and take a step back

T Take a breath

O Observe around you

P Pull back and look at it differently

P Practise what works



Positive steps to Wellbeing

Be kind to yourself	Exercise regularly
Hobbies/new skill	Have fun/be creative
Rest and relaxation	Eat healthily
Balance sleep	Connect with others
Beware alcohol/drugs	See the bigger picture
Help others	It is as it is



Countdown

- 5 things I can see
- 4 things I can hear
- 3 things I can touch/feel
- 2 things I can smell
- 1 slow deep breath



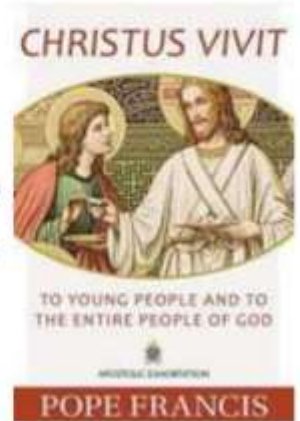
ABCDE

- A Attention-Notice what your mind is saying
- B Believe-You don't have to believe everything you think
- C Challenge-Question your thoughts, consider a new perspective
- D Discount-Let the unhelpful thoughts go
- E Explore-Choose the best response, what should I do now

'Christus Vivit- Christ Lives'

Christ is alive and he wants you to be alive!

He is in you, he is with you and he never abandons you. However far you may wander, he is always there, the Risen One. He calls you and he waits for you to return to him and start over again. When you feel you are growing old out of sorrow, resentment or fear, doubt or failure, he will always be there to restore your strength and your hope.



"God loves you". It makes no difference whether you have already heard it or not. I want to remind you of it. God loves you. Never doubt this, whatever may happen to you in life. At every moment, you are infinitely loved. When he asks something of you, or simply makes you face life's challenges, he is hoping that you will make room for him to push you, to help you grow.

Ask the Holy Spirit each day to help you experience anew the great message of love. Why not? You have nothing to lose, and he can change your life, fill it with light and lead it along a better path. He takes nothing away from you, but instead helps you to find all that you need, and in the best possible way.

-Words taken from 'Christus Vivit: Pope Francis letter to young people following the Synod on Young People-



Francisco

'In the world you will have trouble, but be brave; I have overcome the world' (John 16:33).