

Wellbeing in Lockdown

Hi everyone

We are hoping very much to see you all again soon – but in the meantime look at the tips on remote learning that have already been sent out to you to help you manage the next few weeks of College work. It is a very odd way to start the year - I have included in this e-mail a short video that I have done for you including where to access help and support over the coming weeks. Please also watch this short film www.bbc.co.uk/news/av/newsbeat-52411394 - just three minutes on how to manage when things are difficult.

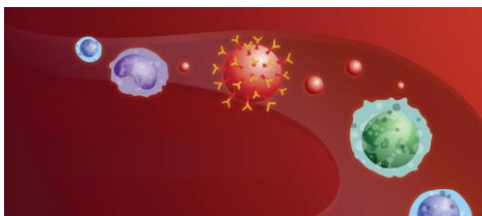


Julie Ferman, Senior Leader for Student Wellbeing, speaks about accessing help and support if needed.

Remember, too, that there are people you can contact if you need support – I have spoken about this in my video. We are still here and will do our best to help you. There is a lot to be hopeful about despite the odd beginning to this

term. Albert Einstein said 'Learn from yesterday, live for today, hope for tomorrow' – there is hope for tomorrow because today there are vaccinations against disease and the history of vaccination shows what is possible:

www.historyofvaccines.org/timeline/all



[Timeline | History of Vaccines](http://www.historyofvaccines.org/timeline/all)

The story of vaccines did not begin with the first vaccine—Edward Jenner’s use of material from cowpox pustules to provide protection against smallpox. Rather, it begins with the long history of infectious disease in humans, and in...

www.historyofvaccines.org

The pastoral team will send out an e-mail each week to check in with you and include some links to things you may be interested in looking at or taking part in. Here is this week's link;

Body Positive 30 Day Mental Wellness Challenge

<https://www.bbc.co.uk/programmes/articles/2pvpYmNxtDthSxN7zcZRYWd/take-the-body-positive-30-day-mental-wellness-challenge>

Stay safe and stay hopeful!

Julie

Julie Ferman

Senior Lead for Student Wellbeing and Head of Year