



## EYEMOUTH HIGH SCHOOL | PARENT BULLETIN

5<sup>TH</sup> FEBRUARY | 2021 |

### LOOK AFTER YOURSELF

There are occasions where time seems to move very slowly, or we can feel like we are experiencing 'Groundhog Day' over and over again. On other days the sun seems a bit brighter, and we feel we can make easy progress. Lockdown can feel like both of these things. It's been great this week to put the focus on our mental health and wellbeing, with some brilliant contributions from across the school on our various social media platforms. As we complete our work it's vital that we give each other support and encouragement – for our Senior students this is so important so we can still go on and be successful in examinations. We would encourage all students to contact each other, share some face time, and tackle some of the learning together – it can really help. Offering moral support is the key thing – get in touch with your teacher or pastoral teacher if you are struggling with this and we may be able to help.



You can use the link below to be able to access help sheets on all sorts of IT issues. If you are having an Apple IT issue which is preventing you from even opening your iPad, then you must get in contact with the school as soon as possible. You may need to come in to have this sorted.  
[Eyemouth High School - Practical IT Help - how to sort everything!](#)



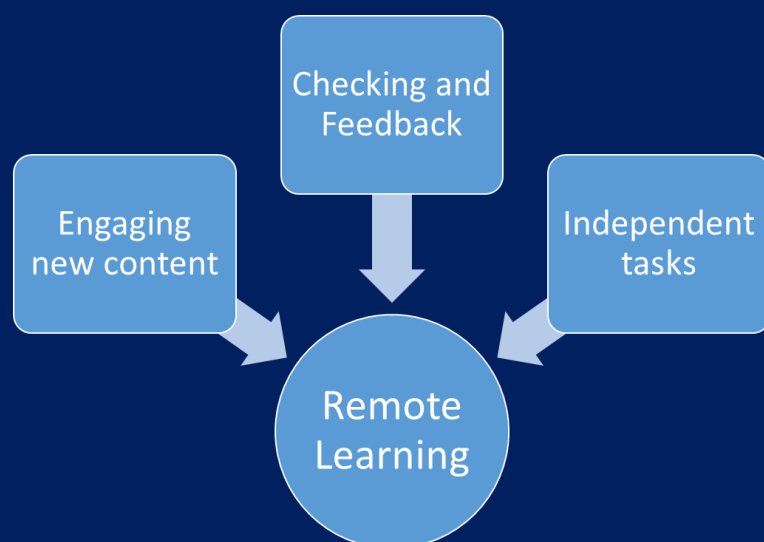
You may have received an email from us this week about engaging with work. The system we use is Satchel One and it suggests who might have gaps in their work submissions. We are aware the system can be glitchy – as a parent, the main thing is to be checking your Satchel One app and continue to talk with your child about how work can be completed, offering moral support. Please contact us for a Parental PIN if you need – we emailed these out last month.



**“..the main thing is to continue to talk with your child about how work can be completed, offering moral support.”**

# Developing our remote learning

We are working hard as a staff to refine our approaches to remote teaching and learning and we are discovering new things about what works every day. Indeed, our staff are engaged in discussion about our approach to remote learning on an almost daily basis. We have decided to adopt a flexible approach, in line with SBC guidelines (see link below). New content is now mostly being delivered by a video lesson approach, rather than delivering a “live” lesson; the teacher records themselves talking over Powerpoints, Sways, Bookcreator or other content. This has lots of benefits including giving students and staff the ability to work around their home circumstances; allowing students to work at their own pace, pausing and revisiting as necessary. A good analogy is that this approach is like Netflix – learners can “stream” content when it suits them.



However, we also recognise the benefits of face to face sessions with teachers, not least because it makes us all feel more connected in these difficult times. In addition to these video lessons, learners will be expected to undertake some independent working to practise or consolidate. After submission, they may receive feedback in a number of different ways – whole class or individual written feedback; whole class or individual verbal feedback (either live or recorded). Additionally, teachers are now increasingly offering live tutorial sessions for students to go over work, to deepen and extend learning, to receive feedback, to clear up misconceptions and to ask questions.

In making these decisions we have been looking at the educational research available and taking into account our context – it is the case that not all learners, or indeed staff, have a reliable internet connection and would find a full time live schedule challenging. It is also true that effective methods of online delivery will vary according to what is being taught and it is important that we retain that flexibility. We have a track record of delivering high quality learning and teaching and, in line with our school culture of continuous improvement, we are determined to keep developing our approaches and will soon be sending out a survey to parents and learners to help us with this. Please watch out for this – the more responses we receive, the better. We remain committed to working together with learners and parents to get this right for everyone.

What does the research say about good quality online learning? Please click on these links for more information.

[SBC Policy on Remote Learning](#)

[Educational Endowment Foundation research](#)

[Summary of effective methods](#)



Quarriers Resilience for Wellbeing Service offers early intervention to help young people cope when times are tough. This service can be accessed through Pastoral Teachers. For more information see [their website](#).

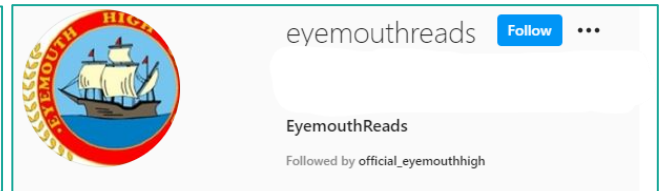
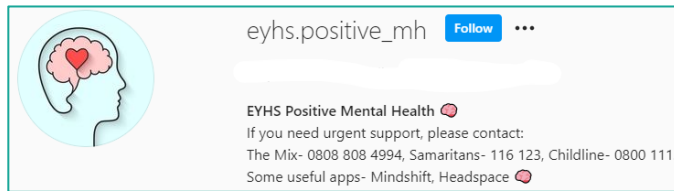


Students can contact their Pastoral Teachers for support [here](#).

There are also opportunities to meet with your year group and Pastoral Teacher on a weekly basis. Students can access these through Teams.



Online Support: In these challenging times, there are lots of different support avenues available to support your own, and your young persons mental health. Some of these websites have resources and activities you can do as well as discussing different strategies such as mindfulness to support positive mental health. Please see the next page.



Website: [www.eyemouthhigh.org.uk](http://www.eyemouthhigh.org.uk)

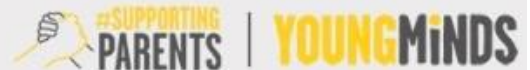


Contact: 018907 50363



Email: [eyhs@scotborders.gov.uk](mailto:eyhs@scotborders.gov.uk)

## Questions to ask your child



What things are you looking forward to?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What things would you like to do in the future?

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What are you worried about when you lie in bed and can't sleep?

Can you think of anything fun that we can do at home?

How do you feel about things changing?

How do you feel about staying at home?

What have you enjoyed about today?



# ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

## NHS Every Mind Matters

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

## Kooth

[www.kooth.com](http://www.kooth.com)

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

## Childline

[www.childline.org.uk](http://www.childline.org.uk)

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 111 1) and message boards where young people are encouraged to share experiences and support each other in a positive way.

## Papyrus

[www.papyrus-uk.org](http://www.papyrus-uk.org)

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

## Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

## Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

## Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

## Stem4

[www.stem4.org.uk](http://www.stem4.org.uk)

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

## YoungMinds

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

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

## Samaritans

[www.samaritans.org](http://www.samaritans.org)

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org) 24/7.

## Child Bereavement UK

[www.childbereavementuk.org/young-people](http://www.childbereavementuk.org/young-people)

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

## Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

## Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

## Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.