



# Hutton

Church of England Grammar School  
and Sixth Form

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*Accomplishment... Humility... Service...*

## Student Bulletin – week commencing 1<sup>st</sup> March 2021

### Well-Being Information.

As you may be aware schools will re-open on Monday 8<sup>th</sup> March. Although this is great news in some ways this could also be making you feel nervous and worried – (and this is perfectly normal).

Remember, there are 5 ways to manage how you are feeling and try to keep yourself balanced whilst everything may feel like it's changing again.

1. **Connect with other people**; talk to someone about how you are feeling, family or a trusted friend. Also, just do things with someone else, take that walk with someone or make something with someone else. Try to make face to face time with other people and not just focus all your contact with people through social media or with on-line games.
2. **Be active** – get those happy hormones released. Try and spend some time outside whether its just walking or being in the garden. It all helps, but the more active you can be, the better.
3. **Learn something new** – It may feel like it's a little late to start a new hobby or learn something new, but is it? It doesn't need to be anything life changing – just do something you don't usually do – help with a household chore, read that book you've been putting off. What we're looking for here is something to refocus your attention and give you a sense of achievement.
4. **Give to others** – helping other people does make us feel better. Making someone a cup of tea or offering to help, does help. This can link to all of the points above and a simple thank you to someone who has done something for you does count as helping others too.
5. **Be Mindful** – take a moment to just pay attention to what is around you. What can you hear, smell or feel? Just focus on the absolute now and try not to think about anything else that is on your mind. Again, you could try this whilst you are being active or being outside

