



# BLACKROCK COLLEGE

## WELL BEING

Dear Students,

We hope you and your families are safe and well. We appreciate that these are extraordinary times and that many of us have had to make and will have to make further adjustments to how we work, learn and conduct our day-to-day life. The student well-being committee writes to you today with recommendations that will help you to look after your mental health and well-being as we navigate these uncharted territories.

- **Keep Physically Active** During this time when physical contact is limited and gyms are closed make sure to keep active albeit solo. Physical health and mental health are inextricably linked. Clear your mind and go outside for walks or runs while you still can, while adhering to social distancing. Moreover, every student was sent fitness programmes by their P.E teacher, it would be a good idea to follow this.
- **Maintain a routine** You may see some of your teachers already having class time as per the regular timetable. This is important as preserving a sense of normality will help you to keep motivated and on top of your work.
- **Talk to someone** albeit virtually. Organise a FaceTime or Houseparty call with your friends or family and maintain contact to get you through these unprecedented times.
- **Take some time out** It's important to take some time out from studying to give the mind a break. Whether this be watching some TV or reading it's up to you. Or try something new like simple meditation using apps like Calm or Headspace.
- **Be sensible on screens** While Netflix or talking to your friends can be a great escape, be sure not to spend excess time on screens. Two hours per day is the recommended maximum usage and don't use them before bed.


Finally, if you or your family has been **affected by COVID-19** please let your dean know and be assured that Blackrock College endeavours to support its pupils and their families during these difficult times. Guidance councillors are always available to talk.

All the best,  
The Student Wellbeing Committee

[https://www.calm.com/blog/take-a-deep-https://www.google.com/search?  
https://stories.audible.com/start-listen](https://www.calm.com/blog/take-a-deep-https://www.google.com/search?https://stories.audible.com/start-listen)


# Stay positive, keep learning

5 tips for children and families learning and living through social distancing



### STICK TO A ROUTINE

Keep getting up and going to bed at set times. This is **ENORMOUSLY** important for your **mental** and **physical** health.



Plan your days with time for **work** and **play**. This will help you to stay **positive**, calm and productive.



### MAKE TIME TO BE CREATIVE

Paint. Write. Bake. Play. Dance. Make.

Take time to **discover** new talents, or nurture old ones.



Find out what things the adults in your home can do and learn from them, or use the internet to discover and learn new skills. The **possibilities** are endless!



### LIMIT SCREEN TIME

Tablets and computers are going to play a huge part in your learning, but don't let yourself become a **screen zombie!**



Be mindful of how you use screens and try to take lots of breaks.

Here are some tips:

1. No screens an hour before bed.
2. See if your device has a focus mode or other way to shut off addictive apps.
3. Do as many things in the real world, as you do in the virtual!



### GO OUTSIDE, STAY ACTIVE

Spending time in the **sunlight** is essential for wellbeing. Make time **everyday** to be outside. If you have a garden, use it. If you don't, take walks with your family wherever you can safely.



Staying **active** is also really important. **Getting moving**, little and often, will help you keep fit, boost your mood and build your strength.



### TALK, SHARE, BE GRATEFUL

The next few months will be challenging, and it's normal to have some worried feelings.



**Talk** to family and friends. **Share** how you feel and if you are able to, listen to others too.

If you have relatives or neighbours that are isolated, arrange with a grown up to call and check in. **Stay in touch** with friends and family via post, telephone or email.

**Be grateful** for each other. Now more than ever.