



14/09/20  
Secondary  
Newsletter

## THE BACK TO SCHOOL EDITION

We've all been through such a major change during the lockdown period. This has meant a huge a shift in our usual daily routines and how we connect with each other in a meaningful way. As we ease out of lockdown and gradually reintegrate into a "new normal", it might feel a bit daunting or raise a sense of fear about the uncertainty the new school year may bring. This is completely understandable and you're not in this alone! This newsletter aims to help you to support your return to school at this uncertain time.

### REFLECTION CORNER!

It can be really helpful to think back on your time out of school during lockdown and write down both the positives and negatives about your experience. Click [here](#) for a template to help you.

Research has shown that **gratitude** can boost happiness and mood. So here's a model below that you can use whenever you like to help remind you of the positives no matter how small they might seem!

### GLAD Model:

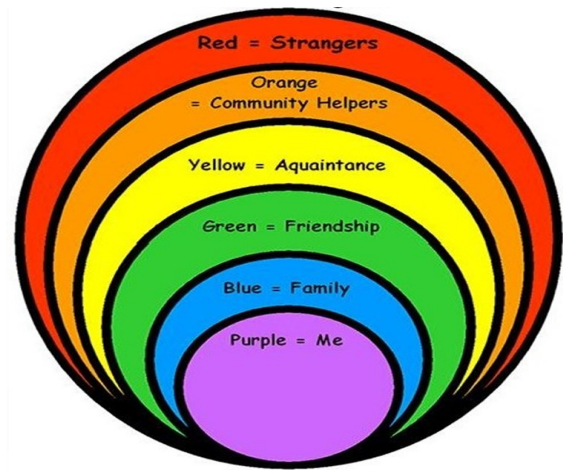
**G:** What were you grateful for today?

**L:** What did you like today?

**A:** What did you accomplish today?

**D:** What did you discover?

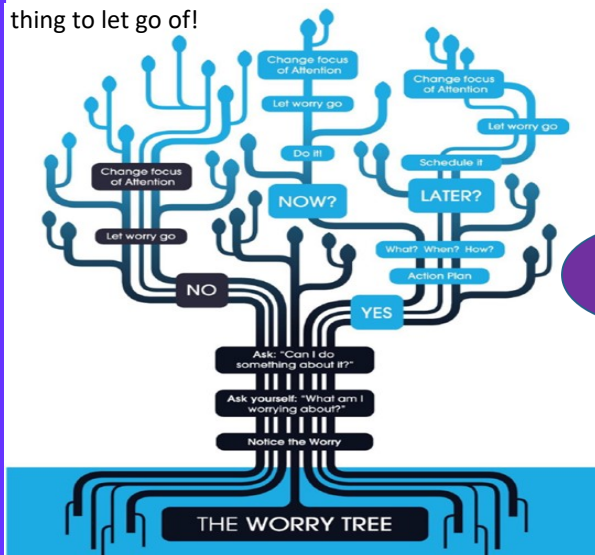
If you're feeling stressed or worried about returning to school, think about who in your **closeness circle** could support you e.g. friends, family, teachers, neighbour etc.



Still feeling anxious? Need a few ways to help you chill? Check out this [link](#).

If you feel you need extra support, you can contact your Head of Year for more information about getting help from **Tower Hamlets Education Wellbeing service**.

You could also try following the steps on the worry tree to help you decide if your worry can be solved or if it's something to let go of!



### PROBLEM SOLVING FLOW CHART

