

Hello everyone

I am sorry we are all here again, trying to juggle the pressures of life, work, covid and now home learning again. Well done for getting this far – it feels like we have to take a collective deep breath and focus on just the next step – not the whole mountain.

I have set up some remote wellbeing information on a virtual classroom, that I have asked the children to join, IF they so wish. There is absolutely no pressure to do anything with this – we just wanted to offer a place to check in, offer some ideas for keeping our spirits up, and find a way to connect with each other with some activities, games etc.

I am going to try and meet with our wellbeing ambassadors remotely as well, as I know they are always brimming with good ideas for us to look after our emotional and physical health at this really trying time.

I thought it may be helpful to remind ourselves of our inner ‘chimp’ – the part of our brain that reacts rather quickly and emotionally – as it is noticeably out all over the place at the moment as our anxiety and worries increase. With children and home schooling, I wonder if it is helpful to put a pause in if it is all feeling too much and do something relaxing for a while to get ourselves back ‘online’. Everyone recognises how much is being asked of people on limited resources and it is really helpful to show some self-compassion for ourselves at this time and model self-care, whatever form that may take.

A recent family therapy course I attended talked about the benefit of trying for a family ‘meeting’ at the weekend. I am sure many of you already do a version of this. The idea is everyone can get together with a huge sheet of paper and all jot down one thing that is going well (if you can find one! Hard at this time!) - one thing that they are grateful for and then every member of the family can scribble down (even a picture if it is for a KS1 child) something they might want to do over the weekend – this can be as simple as playing cards, watching a film, going for a walk. The idea is that everyone commits to joining in with everyone’s choice and so the family can switch off from the week of home schooling and working and regroup. It can be helpful for us to tune back in together and for everyone – including parents – to feel heard.

We at school are amazed at how well the children are working and settling in in school at this 3rd and most worrying lockdown time. The staff are working amazingly hard trying to get lessons out and we are totally aware of how logistically difficult everything is – so there is no pressure to get things ‘right’. We are in the same storm in different boats and are each trying to navigate our own way through and I hope this can happen with much self-care and appreciation. We are all going to have off days, emotional days, but “This too shall pass” – and I hope we can reach out for help and support whenever it is needed.

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