



Park Hall Academy

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Coronavirus advice and mental health support

If you are struggling with news about the coronavirus and it is affecting your mental health, have a look at our blog for advice and support

<https://youngminds.org.uk/blog/>

It has been great to see the buy in from our students' during these uncertain times. We know that students are creating some fantastic pieces of work.

Park Hall Academy's Hard Work

Hall of Fame

- Carris Brooke (Year 7 – Maths)
- Lewis White (Year 7 – Maths)
- Georgia Pike (Year 7 PE)
- Jessica Kilroy (Year 7 PE)
- Lilly Kennie (Year 7 PE)
- Alice Drew (Year 8 – Maths)
- Amelia Pennington (Year 8 – Science)
- Erin Stokes (Year 8 – English)
- Liam Sedgley – Year 8 English)
- Yusef Abdalla (Year 9 – English)
- Kelsey Eades (Year 9 – English)
- Jack Ward (Year 9 – English)
- Lola Coleman Price (Year 9 – English)
- Lisa-Marie Bird (Year 10 – English)
- Elissa Whitehouse (Year 10 – PE)

Well done to the following students. They are the TOP students using Seneca this week! Well done

KS3	KS4
Adam Mustafa	Ellie Kruzewski-Ward
Harley Byrne	Luke Woodward
Lily Lovering	Honey-Mai Davis
Jessica Hynd	Jeanette Reynolds
Libby Alexander	Millie Bedford
Joseph Cramp	Emmie-Leigh Masters
Kye Woakes	Ethan Potter
Harry Hobbis	Hayley Wise
Kenzie Unitt	Aaron Owen
Sumayah Ashraf-Din	Sonny Mcnamara

School	Study Sections
1. Rawlins Academy	47,716
2. Northfield School and Sports College	23,138
3. John Mason School	22,766
4. Park Hall Academy	22,644
5. Trinity Academy	20,582

Commendations

Still finding that our unnerved, and somewhat anxious **Year 11 and 13** are continuing to complete such fantastic work.

Rachael Bevan - Science

Teon Sappleton - Science

Kryan Smith - English and Citizenship

Rheanna Esson - English

Ellie Kruzewski - Maths

Jake Astley - Citizenship

Chloe Noakes - Science

Being stuck inside all day can be frustrating (but remember it won't last forever). One way you can help yourself is to read. Reading isn't just good for your mind, it's a brilliant way to relax and unwind. Whilst we are meant to be avoiding busy places at the minute, there are plenty of free books online. Have a look at our recommendations below...

These can be read online, or downloaded for free on an e-reader like Kindle. If you don't have one, you can also read them free on the Kindle app on your phone, tablet or computer.

Danny, Champion of the World by Roald Dahl – The plot centres on Danny, a young English boy with a big wagon, and his father William, who live in a Gypsy caravan fixing cards for a living, and partake in poaching pheasants.

1984 by George Orwell – Following the life of Winston Smith – a low ranking member of 'the Party', we see Big Brother controlling every aspect of people's lives. The party controls what people read, speak, say and do with the threat that if they disobey, they will be sent to the dreaded Room 101 as punishment.

Park Hall Academy's Top 15 Readers This Week

Well done to the following students for reading the most this week! *Can you make it in our Top 15 next week?*

Student	Word Count
Moran, Madason	295,924
Marriott, Sophie	155,586
Dooley, Harry	127,859
Roe, Courtney	99,750
Francis, Hannah	97,478
Bowen, Georgia-Rose	93,262
McCann, Ruby	85,611
Ndoj, Dea	84,513
Fretter, Alfie	79,711
Randle, Samantha	78,038
Drew, Erin	77,325
Hayden, Jayah	77,325
Archer, Chloe	74,916
Wilkes, Lilianne	58,325
Martin, Kale'A	57,617



Join Us in OUR Very Own Weekly Challenge

Each week, we will set you tasks to do, as a challenge. Can you do it all? Can you do more? This will range from physical challenges, to mental challenges.

Record what you can do each week. We may even repeat this, so you can see how well you do week on week.

Week 2:

The Greek Alphabet

Can you learn the Greek Alphabet in a week? Give it a go!



Important News:

What to do if you are anxious about Coronavirus?

1. Talk to someone about how you're feeling.
2. Arm yourself with the FACTS
3. Know what YOU can do
4. Don't overexpose yourself to the news
5. Plan your time
6. Find things that help you feel CALM
7. Plan around SELF-ISOLATION

How to Look After Your Mental Health

1. Stay connected with others
2. Stay CALM
3. Deal with stressful situations at home
4. Look out for helplines and other resources

Websites for Help

- www.childline.org.uk
- www.samaritans.org
- www.themix.org.uk
- www.citizensadvice.org.uk
- www.youngminds.org.uk
- www.kooth.com

COVID-19

2

0


2

0


Seconds
Hand Washing

Meters
Distance

Excuses

**World Health Organization**

Helping children cope with stress during the 2019-nCoV outbreak




Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.


Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.


If possible, make opportunities for the child to play and relax.






Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.





Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

Participation | Respect | Independence | Determination | Energy

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Stay positive



*We're living in dark times... with darker ones to come,
But, the moon will shine down on lighter days to come.*

*I have always been told that life shouldn't get me down,
But this particular instant how can I not have a throw.*

*When I turn on my TV all that's on the BBC is live coverage of COVID19,
So that's why most mornings I turn on a DVD...*

*I want to let you all know that we will fight,
We will work as a team and we will see the bright side soon.*

*Mother nature is going to take its course,
So all you need to do is chill and pause.*

*Sit at home and hug your loved ones close like it's the last time,
Why not make something divine...*

*Don't panic buy, it's selfish, rude and greedy,
Put the elderly people first not your beady eyes!*

*Make sure you stay safe, positive, calm, healthy, clean and kind
most of all STAY INSIDE!*

Hollie Warren😊



