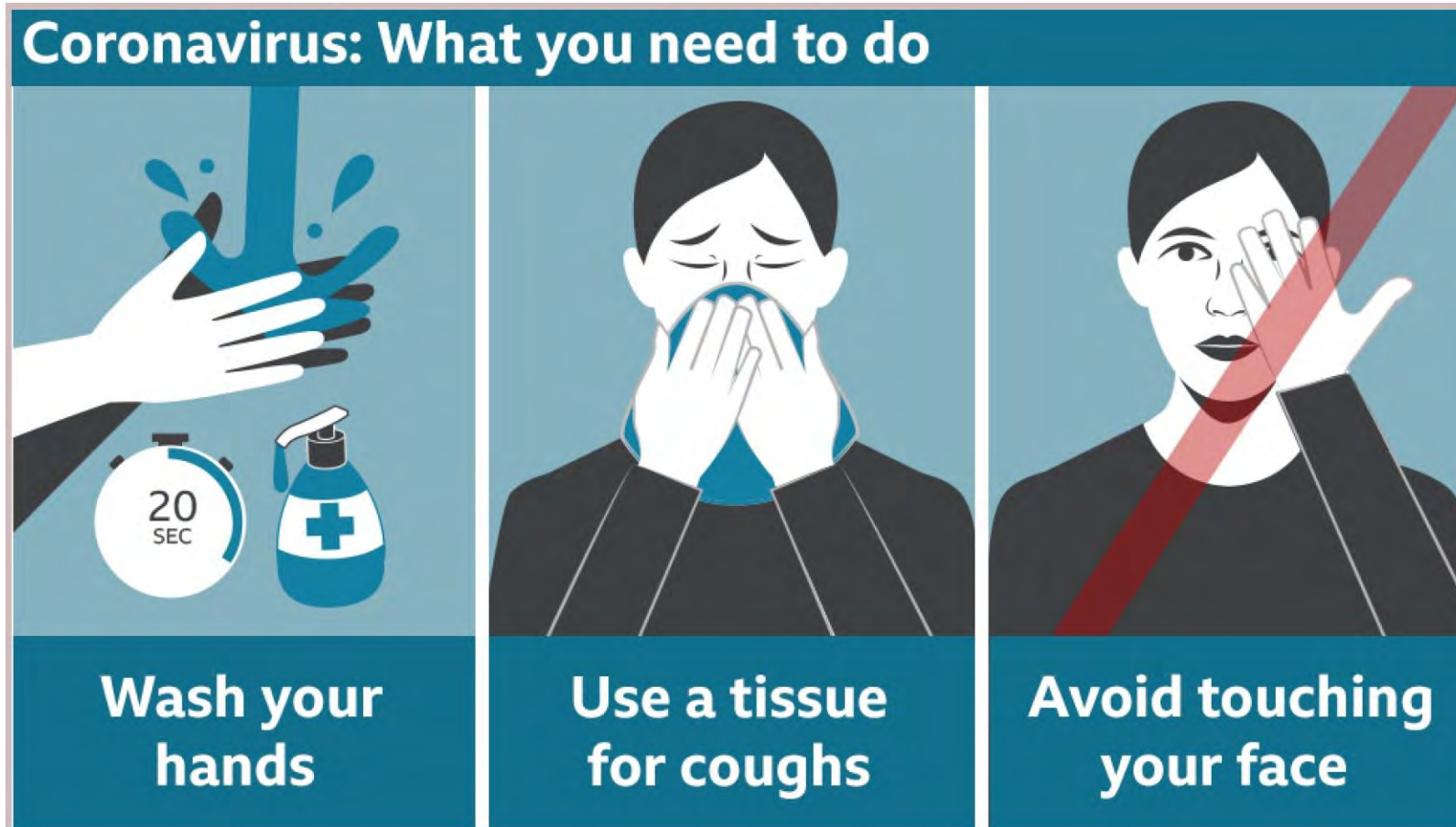


SUPPORT GUIDE FOR PARENTS/CARERS AND STUDENTS

WHAT YOU NEED TO KNOW...



WASH YOUR HANDS



Wash hands for about 20 seconds
with soap and hot water or use a
sanitiser gel

**REMEMBER WASH YOUR HANDS FOR
20 SECONDS**

**USE SOAP AND HOT WATER OR
SANITIZER GEL**

STAY AT HOME



Even if you have no symptoms, you should work at home where possible and avoid social venues

SOCIAL DISTANCING - YOU SHOULD NOT BE GOING OUT IN GROUPS TO MEET UP AT THE PARK OR RIDING ROUND ON YOUR BIKES TOGETHER!

YOU SHOULD NOT COME ON TO SCHOOL SITE UNLESS YOU ARE IN UNIFORM AND DOWN TO BE ATTENDING

YOU NEED TO AVOID SOCIAL VENUES E.G. PARK

TRY NOT TO SHARE ANY GERMS



Use a tissue for coughs
and sneezes

USE A TISSUE FOR COUGHS AND SNEEZES

IF YOU DO NOT HAVE A TISSUE, TRY TO

CATCH THE SNEEZE AND

THEN WASH YOUR HANDS

AVOID CLOSE CONTACT WITH OTHERS

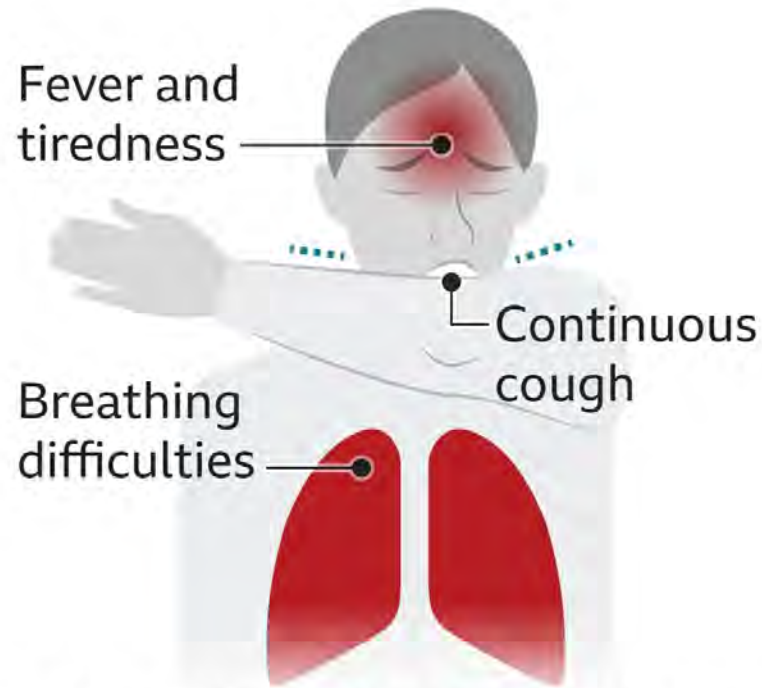


Avoid touching your eyes,
nose and mouth
with unwashed hands

**AVOID TOUCHING YOUR EYES, NOSE AND
MOUTH WITH UNWASHED HANDS**

**AVOID CONTACT WITH OTHERS, HUGS,
HANDSHAKES ETC.**

WHAT ARE THE SYMPTOMS?



If you live with someone who has a 'new continuous' cough or high temperature, stay at home for 14 days in case symptoms develop

**IF YOU HAVE ANY OF THESE SYMPTOMS,
TELL SOMEONE AT HOME!**

**YOU MUST STAY AT HOME FOR 14 DAYS
IN CASE YOUR SYMPTOMS DEVELOP**

IF SYMPTOMS GET WORSE



If your symptoms get worse or
are no better after seven days
seek medical advice

**IF YOUR SYMPTOMS GET WORSE OR ARE NO
BETTER AFTER SEVEN DAYS, TELL SOMEONE
AT HOME AND SEEK MEDICAL ADVICE**

WHO CAN HELP YOU...



Use the online 111 coronavirus service at 111.nhs.uk. In Northern Ireland, call 111

**YOUR PARENTS/CARERS CAN SEEK ADVICE FROM
THE ONLINE 111 CORONAVIRUS SERVICE AT...**

111 - NHS.UK

WHAT YOU NEED TO DO TO PREVENT THE SPREAD OF CORONAVIRUS

YOU SHOULD ONLY LEAVE THE HOUSE FOR ONE OF FOUR REASONS:

- SHOPPING FOR BASIC NECESSITIES, FOR EXAMPLE FOOD AND MEDICINE, WHICH MUST BE AS INFREQUENT AS POSSIBLE.**
- ONE FORM OF EXERCISE A DAY, FOR EXAMPLE A RUN, WALK, OR CYCLE - ALONE OR WITH MEMBERS OF YOUR HOUSEHOLD.**
- ANY MEDICAL NEED, OR TO PROVIDE CARE OR TO HELP A VULNERABLE PERSON.**
- TRAVELLING TO AND FROM WORK, BUT ONLY WHERE THIS ABSOLUTELY CANNOT BE DONE FROM HOME.**

THESE FOUR REASONS ARE EXCEPTIONS - EVEN WHEN DOING THESE ACTIVITIES, YOU SHOULD BE MINIMISING TIME SPENT OUTSIDE OF THE HOME AND ENSURING YOU ARE 2 METRES APART FROM ANYONE OUTSIDE OF YOUR HOUSEHOLD.

ABSOLUTELY NO SOCIALISING WITH FRIENDS UNDER ANY CIRCUMSTANCES AT ANY TIME.

MAKE TIME FOR YOUR ACADEMIC WORK

THERE ARE MANY REASONS WHY IT WILL BE IMPORTANT FOR STUDENTS TO CONTINUE TO STUDY WHILE SCHOOL IS CLOSED. APART FROM THE EDUCATIONAL REASONS, IT WILL BE IMPORTANT TO MAINTAIN SOME KIND OF STRUCTURE TO YOUR DAY FOR THE SAKE OF YOUR WELL-BEING.

WE WILL BE SETTING WORK THROUGHOUT THE PERIOD OF SCHOOL CLOSURE. WHILST IT WILL NOT BE FEASIBLE FOR TEACHERS TO COLLECT AND MARK MUCH OF THIS WORK IN THE SHORT-TERM, WE CANNOT STRESS ENOUGH THE IMPORTANCE OF STUDENTS COMPLETING THIS WORK.

MAKE TIME FOR YOUR ACADEMIC WORK

- ALL WORK WILL BE SET VIA SHOW MY HOMEWORK
- PLEASE EMAIL MR FRODSHAM MFRODSHAM@BOTELER.ORG.UK IF YOU HAVE FORGOTTEN YOUR LOGIN DETAILS OR ARE HAVING TROUBLE ACCESSING SMHW
- WORK WILL USUALLY BE SET IN ONE OR TWO WEEK BLOCKS, BUT THIS MIGHT VARY A LITTLE FROM SUBJECT TO SUBJECT. AS A START, TEACHERS HAVE BEEN ASKED TO CONSIDER WORK FOR AT LEAST THE NEXT TWO WEEKS.
- IF YOU FINISH WORK QUICKLY, THEN USE YOUR KNOWLEDGE ORGANISERS TO CONSOLIDATE KEY INFORMATION AND/OR READ A BOOK OF YOUR CHOICE.
- KEEP ALL COMPLETED WORK IN A SAFE PLACE (E.G. ON A USB PEN DRIVE, IN EXERCISE BOOKS IF YOU HAVE THEM OR IN A FOLDER)
- ROUTINE WILL BE VERY IMPORTANT. WE SUGGEST THAT YOU AIM TO FOLLOW ONE THAT IS SIMILAR TO THE SCHOOL DAY — I.E. FIVE HOURS OF WORK, WITH REGULAR BREAKS IN BETWEEN. IT WOULD BE SENSIBLE TO FOLLOW YOUR OWN TIMETABLE WHEN CHOOSING WHICH SUBJECTS TO FOCUS ON AND WHEN.

MAKE TIME FOR YOUR ACADEMIC WORK

YOU CAN STILL COMMUNICATE WITH TEACHERS WHERE NECESSARY — USING EITHER SHOW MY HOMEWORK OR BY EMAIL (TEACHERS' EMAIL ADDRESSES ARE ON THE SCHOOL WEBSITE IN THE HANDBOOK PAGE 74).

TURN YOUR MOBILE PHONE OFF OR PUT IT IN A DIFFERENT ROOM WHEN STUDYING. IT IS IMPOSSIBLE TO FOCUS PROPERLY UNLESS YOU DO THIS. YOU CAN CHECK FOR MESSAGES DURING YOUR BREAKS.

MAKE TIME TO LOOK AFTER YOURSELF

IT IS REALLY IMPORTANT YOU LOOK AFTER YOURSELF DURING THIS TIME. THIS INCLUDES EATING PROPERLY, EXERCISING AND DRINKING PLENTY OF WATER WHEN STUDYING.

EXERCISING REGULARLY (IN LINE WITH ADVICE ABOUT SELF-ISOLATION AND SOCIAL DISTANCING) IS ALSO VITAL. THERE ARE PLENTY OF ONLINE VIDEOS THAT YOU CAN USE TO INSPIRE YOU WITH ACTIVITIES TO MAINTAIN FITNESS WITHOUT LEAVING THE HOME. IF IT IS GOOD WEATHER PLEASE EXERCISE OUTSIDE IN THE GARDEN.

MAKE TIME FOR YOUR EMOTIONAL WELL-BEING



WE KNOW THAT THERE IS SO MUCH AT THE MOMENT THAT YOU CAN'T CONTROL AND THAT THIS MUST BE A VERY FRUSTRATING TIME FOR YOU. BUT THERE ARE SOME REALLY IMPORTANT THINGS **YOU CAN CONTROL** AND LOOKING AFTER YOURSELF AND YOUR WELL-BEING NEEDS TO BE AT THE TOP OF THAT LIST!

WE NEED TO BE AWARE OF HOW STRESSFUL TIMES CAN AFFECT OUR EMOTIONAL WELL-BEING AND NEED TO LOOK AFTER OURSELVES MORE AT THESE TIMES. THE BOTELER FAMILY IS COMMITTED TO ENSURING AND WE ARE HERE ANYTIME TO HELP OR SUPPORT YOU.

SET DAILY ROUTINES!



- DO THE THINGS YOU LOVE!
- MAKE A ROUTINE, SET PERSONAL GOALS.
- BE KIND TO YOURSELF AND TO OTHERS
- INCREASE YOUR SENSE OF PURPOSE AND CONTROL
- BE POSITIVE AND KEEP SMILING

WHAT DO I NEED TO DO?

MAKE A ROUTINE, SET PERSONAL GOALS

**STICK TO YOUR SCHOOL TIMETABLE
WHERE POSSIBLE**

BUILD IN AN HOUR OF EXERCISE

SET ASIDE TIME TO DO SOMETHING THAT MAKES YOU HAPPY



WHAT DO I NEED TO DO?

INCREASE YOUR SENSE OF CONTROL!

★ **LIMIT SCREEN TIME ON GAMES AND SOCIAL MEDIA**

★ **BAKE, FIX YOUR BIKE, GET YOUR IMAGINATION GOING**

★ **GET SOME FRESH AIR AND EXERCISE**



WHAT DO I NEED TO DO?



BE OPTIMISTIC AND DON'T WORRY ABOUT THE THINGS YOU CANNOT CHANGE

WHAT TO DO IF YOU FEEL YOU AREN'T COPING — TALK TO SOMEONE

FAMILY AND FRIENDS — CONNECT WITH THOSE AROUND YOU, MAKE CALLS TO FAMILY MEMBERS, FACETIME FRIENDS, SHARE YOUR WORRIES AND FRUSTRATIONS — IT'S NORMAL TO FEEL A MIXTURE OF EMOTIONS AT THE MOMENT.

KOOTH.COM — PLEASE CONSIDER LOGGING ON AND CREATING AN ACCOUNT — IT'S CONFIDENTIAL — FREE 1-1 AND FORUM SUPPORT!

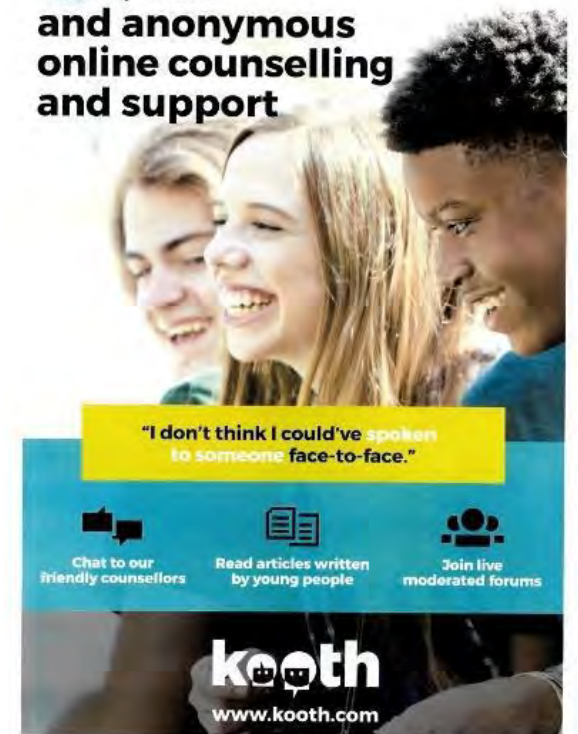
ZUMOS - www.zumos.co.uk



CAMHS — WARRINGTON CHILDREN'S MENTAL HEALTH SERVICE HAVE A DIRECT LINE IF YOU WOULD LIKE TO RING AND SPEAK TO SOMEONE IF YOU FEEL YOU AREN'T COPING.

EMAIL US — WE ARE HERE TO HELP AT ANY TIME! PAGE 74 OF THE HANDBOOK — TALK TO SOMEONE

**Free, safe
and anonymous
online counselling
and support**

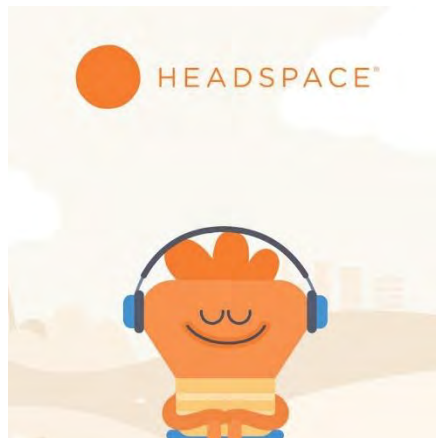


TRY APPS FOR SELF CARE

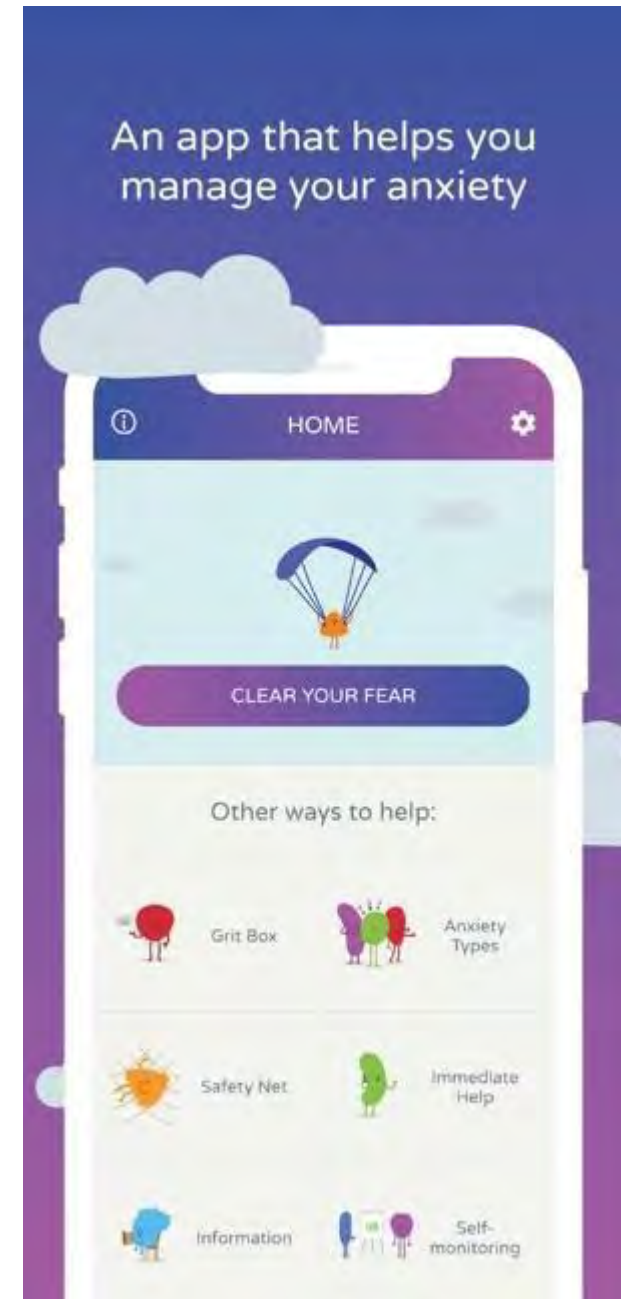
THE MINDFULNESS APP



GUIDED MEDITATION APP



MANAGING ANXIETY APP





**SIR THOMAS
BOTELER**
CHURCH OF ENGLAND HIGH SCHOOL
THROUGH GOD, WE CARE



HIGH EXPECTATIONS
HIGH ASPIRATIONS
HIGH STANDARDS
YOU WILL SUCCEED

WWW.BOTELER.ORG.UK



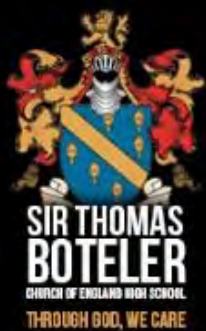
THOUGHT FOR THE DAY

**“ALL OVER THE WORLD PEOPLE ARE WAKING
UP TO A NEW REALITY. TO HOW BIG WE
REALLY ARE. TO HOW LITTLE CONTROL WE
HAVE. TO WHAT REALLY
MATTERS. **TO LOVE.**”**



#STAYSAFE

WITH LOVE FROM THE BOTELER FAMILY



HIGH EXPECTATIONS
HIGH ASPIRATIONS
HIGH STANDARDS
YOU WILL SUCCEED

WWW.BOTELER.ORG.UK



THOUGHT FOR THE DAY

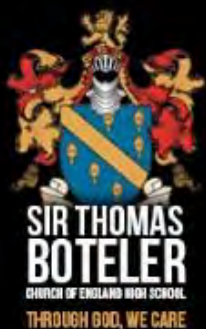
**“WHEN THIS IS OVER - AND IT WILL
BE OVER - WE WANT TO LOOK
BACK AND REMEMBER THE SMALL
ACTS OF KINDNESS DONE BY US
AND TO US”**

#STAYSAFE

WITH LOVE FROM THE BOTELER FAMILY



RISHI SUNAK



HIGH EXPECTATIONS
HIGH ASPIRATIONS
HIGH STANDARDS
YOU WILL SUCCEED

WWW.BOTELER.ORG.UK



THOUGHT FOR THE DAY

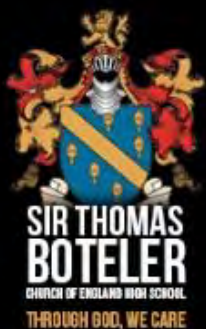
**“WE CAN SEND CORONAVIRUS
PACKING IN THIS COUNTRY - BUT
ONLY IF WE TAKE THE
REQUIRED STEPS”**

BORIS JOHNSON



#STAYSAFE

WITH LOVE FROM THE BOTELER FAMILY



HIGH EXPECTATIONS
HIGH ASPIRATIONS
HIGH STANDARDS
YOU WILL SUCCEED

WWW.BOTELER.ORG.UK



THOUGHT FOR THE DAY

**“WE STAY HERE FOR
YOU - PLEASE STAY AT
HOME FOR US”**

NHS STAFF



#STAYSAFE

WITH LOVE FROM THE BOTELER FAMILY



**SIR THOMAS
BOTELER**
CHURCH OF ENGLAND HIGH SCHOOL
THROUGH GOD, WE CARE



HIGH EXPECTATIONS
HIGH ASPIRATIONS
HIGH STANDARDS
YOU WILL SUCCEED

WWW.BOTELER.ORG.UK



THOUGHT FOR THE DAY

**“CIRCUMSTANCES ARE BEYOND
HUMAN CONTROL, BUT OUR
CONDUCT IS IN OUR
OWN POWER.”**

#STAYSAFE

WITH LOVE FROM THE BOTELER FAMILY



BENJAMIN DISRAELI

OUR CHRISTIAN
VALUES ARE:

HOPE

COMPASSION

ENDURANCE



SIR THOMAS BOTELER

CHURCH OF ENGLAND HIGH SCHOOL

THROUGH GOD, WE CARE