



Appendix A (Students)

Please remember that although you have been asked to isolate, you are not alone. If you need help with your school work or would benefit from speaking to a teacher, contact them with a message on your Google Classroom if you are feeling anxious or worried get your parents to contact the Welfare Team (bawelfare@bedeacademy.org.uk) and they will give you a ring.

Although you need to isolate, other members of your household don't.

You do not need to get a COVID test unless you become symptomatic.

If you do get symptoms then following a positive test you will need to isolate for 10 days and the rest of your household for 14 days from the date of the positive test your parents will need to notify the academy if this happens.

Looking after your mental health and wellbeing during periods of isolation is vital, the following basic steps will help in that regard:

- Plan your time

Creating and sticking to a routine can really help you to maintain a sense of structure and normality, and stop the days from dragging on and on. It's not a holiday, it's a weird version of normal life, so structure helps.

Different people will prefer different amounts of structure so feel free to experiment and find what works for you. Maybe you love a colour coded hour-by-hour plan? Or maybe yours looks more like 'get up by 9am, make sure I get dressed, eat three meals and do 2-3 hours of work every day'? Both are great. Make your weekends different from weekdays too, allow yourself a lie in or a treat.

When you are staying at home, you could try exercising indoors, as there are lots of free online classes.

- Make an isolation "bucket-list"

Get together as a family and make a 'isolation bucket list' filled with ideas for fun things you'd like to do, then tick them off. They could be simple things like particular movies you want to watch, fun things like running a 'restaurant night' or a games night in your home, or silly things like making a blanket fort in the living room.

Quarantine Bucket List



This example is by blogger and Queen of family fun, Kelle Hampton, you can download the full printable by joining her mailing list. Or use it as inspiration to create your own.

- Have a specific work place

If you have enough room, try to have a specific space for studying, away from where you relax so that you can separate 'work' and 'life'. If this isn't possible, at least make sure to pack up all your work things when you finish a session.

- Be kind to yourself

Cut yourself some slack when you don't manage to do all the things you plan to. We know families are juggling work and childcare, many are feeling anxious, many are unwell. Your wellbeing is a higher priority to us than homework.

- Screen free activities

Painting, drawing, reading, cooking, putting on a play or a monologue, gardening, sewing, playing board games, photography, jigsaws, mending things, playing a musical instrument, Lego, dancing, walking, running... All these things are great stress busters and lots of fun too. What would you add to the list?

- Expect ups and downs

This new situation is going to take some getting used to, and people are going to react in different ways. You (and the people around you) will have good days and bad days. If you're feeling hurt, grief, anger, sadness, exhaustion, a sense of loss - that's ok. Feel those feelings.

Allow yourself to look for and to create positives too. Count the ways you are lucky. Notice the ways the community is coming together to support each other, or find a way to help someone else. Lose yourself in creative activity or your favourite comedy show.

- Remember – one day is will be back to normal

The day will come when we can all get back to normal life, come to school, gather with friends, and look back on all of this. Maybe we'll have gained new perspectives and learned new things that might make some positive changes in our lives. Maybe we'll just be breathing a sigh of relief. Every day we go through is one day closer to the end. Hang in there.

Main symptoms

The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.