

OUR WELLBEING PLAN FOR THE RETURN TO SCHOOL

We know some of you may be feeling mixed emotions about getting back to school – *That is ok!*

This returning to school period is a huge transition for all, and the recent unsettled times have not only seen changes in everyone's live regarding work and school, but personal will have been affected too by you not being able to connect with others or do the things you usually do. **So** it is important for us to acknowledge this, make sure we are checking in on how we are managing it, and support you in the very best ways we can.

What will we be doing at Orsett Heath?

- Firstly, on your **first day back you will be spending the first hour with your Tutor** instead of going to your normal Period 1 lessons. This hour with tutor groups will then be used for students to catch-up with their tutors and tutor group, raise any questions or concerns they have before the school day starts, allow us to check in on students' wellbeing, and prepare them for the next few weeks in school.
- For the next 3 weeks, you will also **be with your Tutors during Period 6**. This is so we can continue with our Wellbeing Curriculum!
- We've also **adapted all Tutor Time sessions** in the lead up to Easter to include more fun, interactive, team-building and wellbeing based activities!

What else could I do to support my own wellbeing?

- Why not try our an **extra-curricular club** for the next few weeks
- Continue to participate in the **weekly sport and tutor challenges!**
- Log on to the Google Classroom "**Wellbeing Page**" for daily top tips and advice
- Get involved with the **student leadership groups** "enriching activities"

If I still feel like I'm struggling, is there any other support I can access?

- Sign up for **1:1 conversations** with a member of the Safeguarding Team
- Participate in "**chat to a peer**" sessions to support either your own or others wellbeing
- Use **TooToot** to message us your concerns, worries or issues

