



Planning your days at home in lockdown

We are again in a national lockdown and for most of you, school is closed. It is okay to feel anxious and stressed about everything that is going on. Our routine has been completely changed again and the 'new normal' is not so normal anymore. What we have become used to since September has become quite a distant memory, but in reality, it has only been a couple of weeks since we broke up for the Christmas break.

The good thing is, that things will change again and with the hope of a vaccine and this break in seeing each other, things will get back to how we want them to be. It is going to take time and we have to be patient. During this time, it is good to develop a new routine and it is good to plan how our days are going to look and how much time we are going to spend doing certain things. Use your timetable that you can access on Classcharts and complete the work that has been set each day, along with attending your online, Microsoft Teams lessons. One of the most important things to worry about at the moment is our physical and mental health and the team at Notre Dame are here for you throughout. You have a lot of people who care about you and you can contact, whether it be someone in the Safeguarding Team, SEND Team or your year group team.

I know you may worry about your work and the education you are missing in school, but you can and will catch up on your education. I do want you to stop and think for a minute about your time at home, you are learning vital life skills during this period of time and these skills are called transferable skills because you are able to use them in everyday life and everyday activities. If we take something like cooking for example, you use lots of different skills that you could use in everyday life and from across all subjects, here are some examples;

- **Maths** – you have to weigh out all of the ingredients before you start cooking and this includes weights and also volume when you are measuring liquids.
- **Science** – sometimes there are really cool scientific reactions that take place in cooking, for example yeast, when it is added to a bread mix, it feeds on the sugars in the flour creating Carbon Dioxide, which is a gas and this causes the bread to expand and grow.
- **English** – Reading or writing a recipe is key when you are cooking so that you get it right.
- **Geography and History** – sometimes we cook meals from other countries or from the past, we can learn about certain cultures and historical events through recipes and meals that we eat.
- **ICT** – we now use our phones and tablets to access the recipes that we use and we can watch live or recorded videos of celebrity chefs cooking.

If you think about it we can apply any subject to everything that we are doing, these skills and this learning are.

Remember though, you do need to plan your day and make sure that you build in some 'you' time to make this whole situation a little easier than it is. One the last page is a plan of how you could set out your day, it is an example and you can make your own plan using your own timetable.

Life is not normal at the moment and it is okay to be anxious and stressed and it is completely okay to not understand what is going on and your own feelings. It is also okay to talk to people that you trust and there are things that you can do to help you get through this time. Here are a few examples that we have included into our Mental Health Support Pack that we sent out over Classcharts.

- **A worry book** – This is a book that belongs to you, when you feel stressed, angry or anxious you can write down your thoughts in this book. This book is your property and no one else can look at it unless you invite them to. When you do invite someone to look at your book this is because you want them to know how you feel and because you want to talk about it.
- **A stress ball/toy** – This can be something soft that you can use to squeeze or mess about with when you feel stressed or anxious, it is something that has no feelings or cannot be hurt and so you do not need to worry about how it feels afterwards. You can take all of your stresses out on it.
- **Blu tack** – This is amazing to use, you can squash it, squeeze it, pull it, roll it and destroy it when you are feeling stressed. Again, it has no feelings and you can do whatever you want to it without it getting hurt or hurting its feelings, try it, it is amazing! (If you can't get blu tack, you can also use white tack).
- **A stress jar/bottle** – This little craft activity is amazing and it belongs to you, you mix warm water with some PVA glue in your chosen jar/bottle. You then add glitter, buttons, craft stars or other small craft materials, put the lid on and shake. When you are feeling stressed, find a safe place, shake your jar/bottle really hard and get all of your stress out, put it down and watch everything inside move around and begin to settle. Think of it as a storm that is calming down.

Please remember that the team are here to support you and you can email Mr. McVerry (amcverry@notredame.liverpool.sch.uk) or Mrs. Sweeney (sweeneyk@notredame.liverpool.sch.uk) at any time and if you have any safeguarding concerns or you are worried about anything, you can email the safeguarding team (sg@notredame.liverpool.sc.uk).

We are all here for you and please remember that. Stay safe and please follow the rules, stay at home if you do not have to go out, this will protect our NHS and you and your family.

As promised, on the next page is a weekly planner that you can use however you want, feel free to change the times and order of the day to suit you and your own timetable. This belongs to you and make it your own.

This is _____ daily
Planner during Covid-19

Between 8:00 – 8:30 am	 get up	
Between 8:30 – 9:15 am	 breakfast	 brush teeth
Between 9:15 – 10:00 am	 Activities	
Between 10:00 – 11:00 am	 Physical Activity	
Between 11:00 – 11:45 pm	 Activities	
Between 12:00 – 12:30 pm	 Lunch Time	
Between 12:30 – 1:00 pm	 Break Time	
Between 1:30 – 2:15 pm	 Activities	
Between 2:30 – 3:15 pm	 Activities	