

'How to stay safe & mindful during COVID-19' - Godolphin

Dear all,

With remote learning now perhaps on one side as we enter the Easter 'holiday', I think it's more important than ever that we stay in touch and share our thoughts and experiences. As staying at home becomes the norm, we wanted to share with you Mr Dain's 30 challenges. They are certainly not compulsory and some may be well outside our comfort zones but hopefully, there's something for everyone - and if not, make one up and let us know! There's also virtual quizzes to help us connect, Gareth Malone's Home Chorus if you like to sing, Shakespeare screenings, online yoga classes and a plethora of free and enjoyable resources for home learning or some simply for fun.

I hope you enjoy our recommendations and do share yours. Not every family will want to recreate a song from Les Miserables and post it online for the world to see, but I look forward to hearing and seeing some of your responses as we keep the Godolphin Spirit very much alive during these challenging times.

There is so much information online to guide us through these unprecedented times. The situation continues to evolve and change but it is important that whilst we keep up to date regularly with the restrictions and updates, we also need to make time away from the headlines in order to 'stay safe & stay mindful'.

Below are some thoughts, websites, resources and suggestions as to how we might navigate these uncharted times. Remember at Godolphin, your support network is still here and we will respond to you as soon as we can.

Top Tips for Everyone:

- Structure (a daily routine is advisable)
- Exercise (outdoor is lovely but indoor also great, Joe Wicks isn't compulsory but might be a good starting point if you are a beginner or like to exercise as a family)
- Stretch our minds (keep going with your school work, music practice, reading, quizzes, take up a new challenge – knitting, baking, take up a new language, painting, upcycling, song writing, calligraphy, creative writing etc & let us know what you're up to)
- Listen (to others, ourselves, nature, great podcasts, create some fun playlists)
- Connect with others and stay in touch
- Selfcare – so important whether it's a few mindful minutes each day, good sleep-hygiene, eating sensibly given what you can source and keep smiling. The Headspace and Calm Apps are well worth a look
- Spend time thinking about your hopes and dreams and talk to those around you about these aspirations

Help for Parents:

- Do get in touch with us (via your daughter's tutor) just as you would in term time
- We keep updating the Pastoral Pages on the school website with top tips so check in every now and again
- UK Safer internet centre has some good tips on how to stay safe online given how much online activity everyone is using <https://www.saferinternet.org.uk/advice-centre/parents-and-carers>
- Young Minds has some great advice <https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

Help for Students:

- Please do contact your tutor, your housemistress, your usual support network here at Godolphin is still here for you.
- Mr Hallen continues to produce Sixth Sense daily video – please do click on the link in the email sent to all the sixth form each day.
- James Shone is an inspirational speaker who was a wonderful closing speaker at GO Parent 2019. He is offering free online mentoring. You can contact him here enquiries@icanandiam.com.
- Young Minds offers really useful advice so take a look at <https://youngminds.org.uk/>

Other suggestions are some favourites from social media, Mr Dain's very own 30 Godolphin Challenges (please send in photos/videos of your finished products if possible) and a reminder of how we might be more mindful during this time. If you have other suggestions, let me know and we will update our challenges and keep in touch.

Bear Grylls has teamed up with the Scouts to produce a Great Indoor Adventure. Together they have dreamed up 100 indoor activities to ward off boredom while kids are stuck in lockdown for most of the day. The Great Indoors activities can be accessed on the Scouts web page.

The Berlin Philharmonic Orchestra has made their Digital Concert Hall free for everyone. The web address is www.digitalconcerthall.com

Royal Shakespeare Company will be broadcasting six of their productions on the BBC (BBC 4 and iPlayer).



The National Theatre are providing a free play every Thursday night at 7pm on their YouTube channel.

I wish you all a happy Easter. Stay safe & stay mindful and please do send us your photos/videos to events@godolphin.org so we can share your stories and continue to stay close.

Best wishes,

Jenny Price

Deputy Head Pastoral

Safeguarding Reminder

Please do keep in touch and if you have any safeguarding concerns, Mr Dain, Miss Miller and Mrs Price are all here to help.