



Manor Academy
Aspire Achieve Excel

Well Being Matters

Issue 11 – 29 June 2020

Good morning and welcome to week 11 of our well being newsletter.

If you remember, this newsletter was set up to keep in contact with you all during the school closure and make sure you have access to some support tools that you may need during the difficult and different times that we are all living through.

There has been some good news announced in the last week in that some more places are going to be allowed to open back up, including hairdressers, which is good news for everyone like me, who's desperate for a hair cut!

This week we have taken some information from the family lives website, but they have lots more useful information for you and your family to use at this time. They even have a special section created especially for covid-19 lockdown. [Click the link here](#)

Stay Safe! Mrs Meredith:-)

What is on your mind?

Sometimes, when in school, some students will tell us that they have a problem but they don't feel like they can talk to their parent or carer about it (for a wide range of reasons). At the minute though, whilst so many of us are still at home, we need to make sure we can talk with the people at home if we are feeling unhappy or stressed. 'Family lives' have created this short [questionnaire](#) for secondary students for you to identify how you feel, and then use this as a conversation starter with people at home to discuss your worries or feelings.

Remember, if you do have issues and can't talk to people at home, there are lots of helplines that you can call to get help and advice.

Don't suffer in silence.

Your worries:

Remember you can contact us on this email if you need any support with your well being: wellbeing@themanor.notts.sch.uk

Talking with your parents and carers.

It is really important whilst we are all still at home that we keep communicating with our family, but we know that it can often be tricky—you may feel that your parents/carers are nagging and never listen and they may feel like you're being rude or disrespectful.

'Family lives' have created some top tips for students (and for parents which you can share with them too) to help you communicate without the arguments:

Tips for teenagers

Talking is important, but ...

- Parents want to listen, but they may sometimes find it hard to really listen
 - Let them know you want to talk, but when it feels right for you
 - Encourage them to talk about other things and not just to focus on you
 - Let them know what you need from them. It is ok for you to let them know that
- If you feel uncomfortable talking to your parents, try to find someone you trust. Sharing your fears and worries at this time is **SO IMPORTANT**

Tips for parents

Talking is important, but ...

- Teenagers do not want to be lectured or to be interrogated
- Teenagers like to talk at times that feel good for them
- Teenagers like to know that they are being listened to
- Teenagers do need to hold some things back until they feel safe to open up