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Well Being Matters

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Hi everyone, I hope you are all well? In this weeks edition of our newsletter I want to focus on feelings of tension within your household and strategies to avoid arguments.

As the lockdown continues, you and your parents/carers are probably starting to get a bit annoyed with each other and may be arguing over little things that normally wouldn't be an issue. This is quite normal at this time (especially with my kids), so here are some ways you can try to keep everyone calm. Stay Safe! Mrs Meredith :-)

Your own space

It's a good idea to spend some time on your own and give your family members space to relax too, especially when we're all stuck in the same house all day long. You could read a book, listen to music on headphones, or simply watch the clouds pass by from your window. Let your family know you want a bit of alone time for a little while.

But, make sure you don't spend all your time alone in your bedroom, it's important to interact with family too!

Your worries:

Remember you can contact us on this email if you need any support with your wellbeing:

wellbeing@themanor.notts.sch.uk

How to stop arguments escalating

Let's say that an adult wants you to tidy your room but you've told your mates you will video call them.

You have a choice to make ... let your mates down or not do what your parents/ carers have asked. Before you reply to the adult—take a second before you respond, are your words going to be kind, are they fair?

Is this the first time you've been asked to do the job, or have you been asked several times and kept putting it off? Could you negotiate—I'll tidy some of my room now, then chat to my mates and finish my room afterwards. Could you send them a quick message telling them you're busy but will catch up with them later?

Ideally, when responding to the adult, to resolve tension, start each sentence with "I think. . ." or "I feel . ." and not "you . . .". It's ok to disagree with each other, but try to figure out a way to resolve this without it escalating into a massive row. Always remember the use of the words—"I'm Sorry". This is a quick and easy way to repair your relationship - if you really mean it. Follow up by saying you will try to do better in the future!