



Dear Parent/Carer

8th March 2021

Anxiety and Reflection

We are excited that school is re-opening to students, and we are keen to see everyone in school again. However, we understand that this news may also provoke feelings of worry and anxiety in some, which can often go hand in hand with a change.

Worries and anxiety are a normal part of life and can occur when facing a challenging situation, such as tests, presentations or sporting events. Most of the time it is a passing feeling that will go away on its own. However, if you or someone you know is having intense feelings of worry or anxiety that don't go away it would be a good idea to encourage them to talk to someone they trust.

Although feeling worried or anxious doesn't feel very nice it can actually be beneficial by keeping you safe or providing the motivation to try your best.

Here's a video explaining anxiety further. <https://www.youtube.com/watch?v=rp0lpKTWrp4>

Below are a few things to try and help manage feelings of anxiety:

1. Challenge anxious thoughts— are they fact or opinion? What would someone else say about the situation?
2. Shift the focus to the present moment— this is called mindfulness and there are some great apps that help with this including Headspace and Calm.
3. Take control or let go— Ask yourself if you have any control of what is worrying you. If you do, think about and plan what you can do to achieve the best outcome. If not, learn to let it go.
4. Face things you want to avoid— here's a short video that explains how avoidance helps anxiety to grow. <https://www.youtube.com/watch?v=D46Y-LDbFWY>

Returning to Physical Education

Please take time to watch this information video created by our PE team regarding the safe return to Physical Education lessons:

<https://youtu.be/jT2hbbJQpHw>

Kind regards