



Lancing College

KEEPING YOURSELF AND OTHERS SAFE IN A TIME OF REMOTE LEARNING

This is not a usual time. School and teaching is happening remotely and whilst most people have returned to families there is also the new adjustment to living in close proximity, to having physical freedoms limited and perhaps to feeling that being together can at times be almost too much of a good thing!

Making sure that everyone has sufficient physical and emotional space will be important, as is seeking to de-escalate conflict and to share worries before they build up.

Some will be in particularly stressful situations eg in quarantine or self-isolation away from family or in a household which has members of the family who are unwell. Some may be unable to be with parents or families at this stage but are staying with guardians or members of the extended family.

Adults are also feeling particular pressures due to uncertain futures and this can place pressures on family and living units and can take its toll in health terms.

All of the above mean that this is an important time for us all to think about how to keep safe and to keep others safe, physically and emotionally, and how to access any help we may need.

If you have a concern or are worried about your safety

Make sure you have a good support group around you and a means of being in contact with them. This may be members of your family or friends. It may include your Housemaster or Housemistress, Tutor or anyone who teaches you. There will be a lot of contact between staff and pupils electronically over the weeks ahead and the means of raising worries with a range of people.

The usual safeguarding structures remain in the College and you can always contact any of the safeguarding team directly via safeguarding@lancing.org.uk. This will go to Mrs Dugdale, Mr Bird, Ms Edwards and Mr Grime, or you can contact them individually via their College email addresses (hrd@lancing.org.uk; gdb@lancing.org.uk; kve@lancing.org.uk; jag@lancing.org.uk)

You can flag a safeguarding concern through *Share It!* – and there is a link on the front page of the VLE.

The College Counsellors continue to be available to give advice and support and they can be contacted via counsellor@lancing.org.uk.

Likewise the **Health Centre** will be running (in a virtual manner) during term time on Monday to Friday between 9.00am and 6.00pm and you can call in on **01273 465 919** or email Mrs Brennan (Senior Nurse) on abrennan@lancing.org.uk. She will be happy to assist with any health matters you wish to discuss and if she cannot help directly will be able to signpost you appropriately. Please see the information overleaf.

Virtual Health Centre



Our Health Centre is operating in *virtual mode* for pupils during the temporary school closure – making appointments, receiving phone calls and attending virtual meetings via video chats – ensuring the care we give day in and day out reaches the Lancing community around the world.

During the time that the Lancing campus is closed to pupils, we wish to ensure that the support, care and expertise of the Health Centre at Lancing, under the guidance of our Senior Nurse, Mrs Angela Brennan, is able to continue uninterrupted – and to be extended to pupils, parents and staff alike.

Mrs Brennan (BA, RGN) has been at the helm of the Health Centre for five years and leads an excellent team of five nurses. In the usual run of things the Health Centre is open 24/7 in term time. No day is the same and the team looks after ailments and injuries; provides a space for pupils to have ‘time out’ and a listening ear (often accompanied by hot chocolate and biscuits); hosts the surgery of the school GPs;

is the base for our visiting physiotherapist and psychologist and looks after a wide range of initiatives from asthma clinics to inoculations to coverage of parts of the PSHE syllabus.

The accessibility, warmth and expertise of the Health Centre is a key part of the support we offer to our pupils. We think that this is really important to be extended to the Lancing Community in these testing times when it will be particularly important for pupils to have a range of places where they can check in. The Virtual Health Centre runs alongside the help and support provided by the Houses and by the College Counsellors and all those involved in pastoral care in the school.

How:

The Virtual Health Centre can be accessed by pupils, parents and staff. Mrs Brennan can be emailed on abrennan@lancing.org.uk or phoned directly on the Health Centre phone line 01273 465 919.

When:

The Virtual Health Centre will be open Monday to Friday, 9.00am–6.00pm, during term time for the period that the school campus is closed.

Who:

Mrs Brennan is available to all pupils (whether day or boarding); all Lancing College parents who would wish to seek her advice or help regarding their children and all Lancing College staff.

Why:

At a time when doctors surgeries are experiencing a significant weight of calls, when 111 is also under pressure and when there are likely to be elevated concerns about health, Mrs Brennan can offer reassurance and advice, can point you towards particular services and can help with low-level health queries.

She knows many of our pupils well and is happy to be part of the pastoral care of the College if people are feeling anxious, concerned or would like to talk in confidence to a health professional.

In the same manner that the Health Centre is an important component in the maintenance of good physical and emotional health for so many of our community when we are on site together, we hope that this remote access will enable its excellent work to continue uninterrupted, if in a slightly different way, in these interesting times.

Confidential help, counselling and advice is also available via Childline. You can phone them free on 0800 1111 or text them, talk online or email them. All contact details can be found via their website: www.childline.org.uk

In the event of immediate concern about your safety or if a crime is being/has been committed then call the police on 999 (emergency) or 101 (advice and help).

If you are worried about the safety of another

If you are worried about a friend who is also a member of the school, then please be in touch with a member of staff you trust, the Safeguarding team or use any of the avenues mentioned above.

Sometimes people can feel scared to seek help directly and may need the help of a friend to do so. Any of the individuals or organisations above will be able either to extend direct help or to help you to access it for your friend.

If you are worried about someone who is not a member of the school, we can signpost you appropriately. It is always fine to explain a situation without giving a name if you are worried about betraying someone's trust – and to be able to have a conversation about 'what next?'

Pastoral structures

These remain unchanged. The usual pastoral structures for support continue whilst you are not physically present in school – so please use them. Your Housemaster/Housemistress will register you daily and check in with you frequently; your Tutor will meet you for a tutorial each week; there will be virtual House Meetings; a lot of clubs and activities will continue remotely.

The Peer Supporters remain active in this time too – and they have put together a video of their particular messages to fellow pupils.

Please **CLICK HERE** to view it

Managing remote learning safely

You have the structure of the timetabled week to work to. Maintaining a structured routine in your day will be useful during an extended period of time in isolation, for both physiological and psychological reasons. Ensuring that you have had enough exercise and that you feel that you have accomplished enough work will result in better sleep habits.

The Lancing College Sports Department has its own YouTube channel that you can use to assist: **CLICK HERE for LANCING ACTIVE**

If at any point you feel overwhelmed by your academic work, it is crucial that you let someone know. Your teachers, tutors and HMMs are online and will be able to help you with your concerns. You can pose questions on the 'Teams' chat for your class; you can email your teachers directly or, if you need assistance in organising your work in general, you can email your tutor. The important thing is to not suffer in silence and to use the array of support available to you.

Keeping safe online

The Internet can be a good tool for dealing with the feeling of isolation, allowing us to socialise, study and be entertained online. It is important to ensure you can find reliable information and stay connected with family and friends, to stay safe online and mentally healthy too.

Be wary of text message links about COVID-19 and be suspicious of emails too – scammers are exploiting the hunger for information to spread malware and phishing scams.

Here are some further tips for staying safe online in general:

- Don't post any personal information online - like your address, email address or mobile number.
- Think carefully before posting pictures or videos of yourself. Once you put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
- Keep your privacy settings as high as possible.
- Never give out your passwords.
- Don't befriend people you don't know.
- Remember that not everyone online is who they say they are.
- Think carefully about what you say before you post something online. BE KIND!
- Respect other people's views; even if you don't agree with someone else's views that doesn't mean you need to be rude. BE KIND!
- If you see something online that makes you feel uncomfortable, unsafe or worried, leave the website, turn off your computer if you want to and tell a trusted adult immediately.

[THIS LINK](#) further supports this final point. Here you can find links to where you can report your concerns including a variety of social media platforms.

Too much of a good thing?

Tech control – beware of digital addiction and use your devices responsibly. Have a look at these two short YouTube clips and consider your own use of digital media.

- [CLIP 1](#)
- [CLIP 2](#)

Tech-free mealtimes and not having tech in bedrooms are to be actively encouraged!

Safety online while learning?

The following 'Responsible User Agreement' is designed for your best learning and to keep you safe while Distance Learning. You must be aware of its contents:

[CLICK HERE for the Distance Learning Responsible User Agreement](#)

In addition to this, it would be wise to re-familiarise yourself with the Lancing College Network Acceptable Use Policy which can be found on the VLE.

Managing anxiety

It is normal to be worried. You and your parents will have worries about COVID-19 and most people are feeling concerned. However, it is important to remember that young people are relatively safe – data suggests they are both being less likely to catch the virus and less likely if they do so to become seriously unwell.

Practical steps to reduce COVID-19 related anxiety

Discussing and implementing practical steps you can take to stay safe can provide a sense of control. These may include:

- Regularly washing your hands for 20 seconds (singing *Happy Birthday* twice through) .
- Coughing and sneezing into elbows.
- Taking on new chores, eg cleaning an area of the house each night and helping to prepare food will give you a feeling of responsibility.
- Limiting excessive media exposure which can often lead to anxiety.
- Allowing yourself to worry. Express your anxiety in way you can control by writing down how you feel. Put it down in a notebook, then let it go.

Daily strategies to promote wellbeing

Focusing on controllable factors, such as general health and wellbeing is likely to increase your resilience. Some easy strategies that you can implement are:

- Spending time outside each day if possible, including lunchtimes and physical activity sessions.
- Get a good night's sleep. This includes turning off screens at least an hour before going to bed and having a regular pre-bedtime routine. Read a book!
- Stay connected – set aside time to communicate with and interact with your friends.
- Take notice of the things that make you feel good. Eat healthy food. Keeping moving can help us feel good. Notice the beauty outside your window or on a walk, taking time to acknowledge people you see.
- Support and help others. Helping someone else can help you as well as them.
- Practise mindfulness. Focus on the here and now and identify thoughts as being thoughts and not reality. The *Headspace* app has useful meditation resources.

Other organisations/avenues for advice

There are numerous avenues for support during this challenging time from both in and outside the College. If you are wanting to explore additional support from external agencies, below is a list of useful organisations with links to their websites:

ORGANISATION (Click for website)	DETAILS
Youngminds	Specific disorders/issues listed (eg eating disorders, OCD, parenting) with advice specific to the coronavirus linked to these issues
Breathworks Mindfulness	Self-care tips, Facebook live stream meditation
MIND UK	Planning for staying at home, self-care tips, emotional wellbeing, continue receiving service input and medication while self-isolating, checklists, etc.
BACP	Coronavirus anxiety: how to cope if you're feeling anxious about the outbreak
BPS	Responding to Coronavirus: Resources and Support
Mental Health Foundation	How to look after your mental health during the Coronavirus outbreak including mental health tips while working, coping with isolation, advice for people in abusive relationships during isolation.
Time to Change	List of mental health help and support services
Anxiety UK	Telephone support line, online support groups, webinars, breathing exercises, blog around COVID-19 news reports, etc.
NHS website	Tips to improve your mental health and wellbeing if you are worried or anxious about the coronavirus outbreak

Most importantly, know that whilst the College community is physically scattered across this time it remains fully functional. You are an important part of your House, your Year and the College as a whole and friends and staff will want to keep connected, communicating and able to offer any help or support if you need it. That remains a constant, so keep in touch over concerns small or great – and do share any good news too!