

Lockdown
January 2021



Todmorden
High School

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We all feel uncomfortable, frustrated and impatient about the current situation! Rather than allow that frustration and resentment fester, how can we make the most of this time and use it to grow?

Whatever makes you uncomfortable is your biggest opportunity for **growth.**

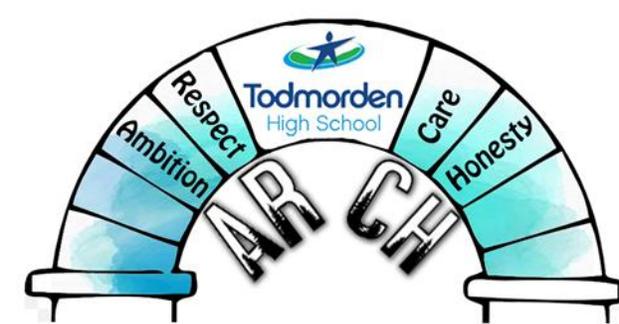
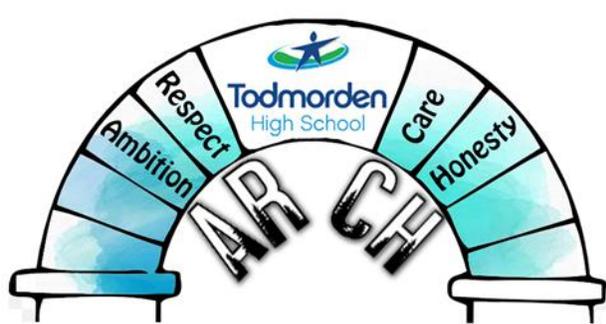
~Bryant McGill

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Yes, I know we're all a bit fed up with them – but you have a personal responsibility to **DO THE RIGHT THING**, so that we all share in the effort and get out of lockdown ASAP!

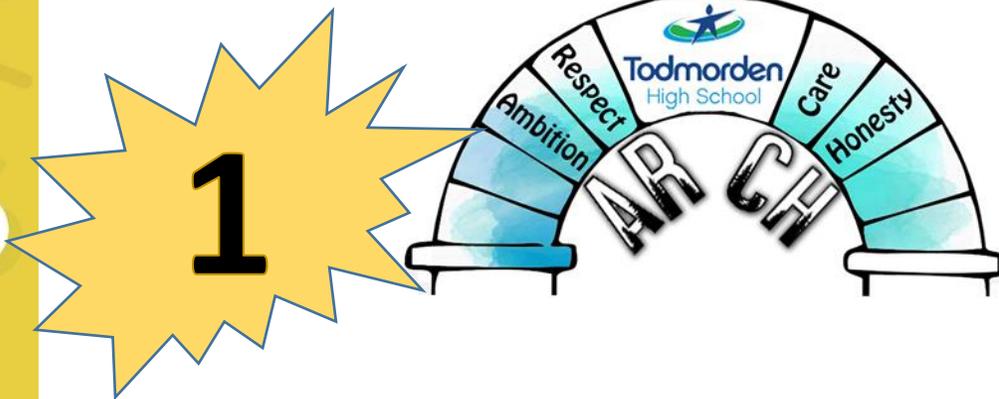
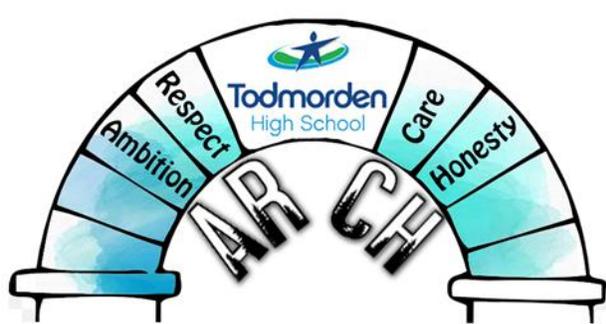
You can...	You can't...
Shop for essentials, wearing a mask in all shops.	Shop for non-essentials – these shops are closed so for now, it's online only...
Engage in learning via class charts/ Teams.	Go to school as normal.
Leave the house to exercise, for example go for a walk/ run near where you live.	Go to the gym or engage in team sports/exercise as you normally would.
Visit the people in your 'support bubble'. A family can link together with a single person/parent.	Visit friends not in your immediate support bubble. Contact them virtually instead for now.
Meet up with one other person outside.	Meet up with people INSIDE their houses, or stay over

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Embrace the work!

You are set work by your teachers. Your teachers will reward you, and, of course, will help you if you are stuck. Reach out to them, ask for their help, get involved in the online lessons as much as you can and let us know if there are issues.

Everything we experience helps us to grow, and things that are challenging at first become easier with practice – so do keep trying, and we will support you with your efforts – that’s what we are here for!

As well as class charts rewards, the other reward is the growth in your independence and resilience – it’s a win-win situation!

3: Contact a member of staff if you have any problems. We are all here for you! Try your form tutor, your learning manager or your individual subject teachers.

1: Plan your own work timetable so that you know what you should be doing each day. Slot in Teams lessons and assemblies, and class charts work.

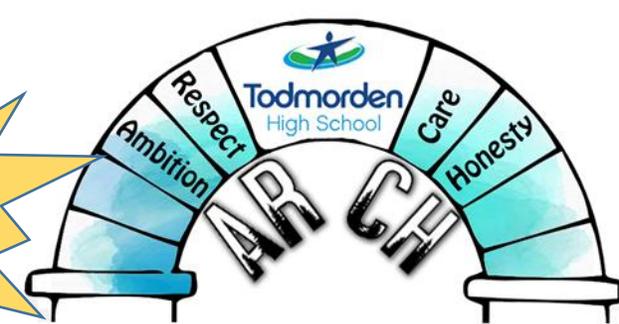
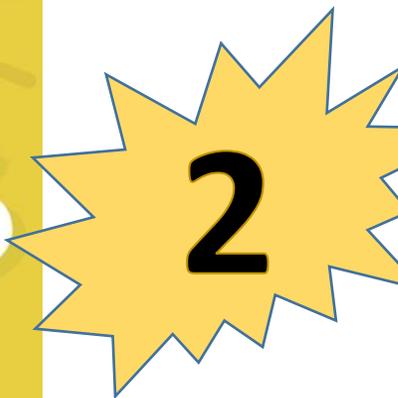
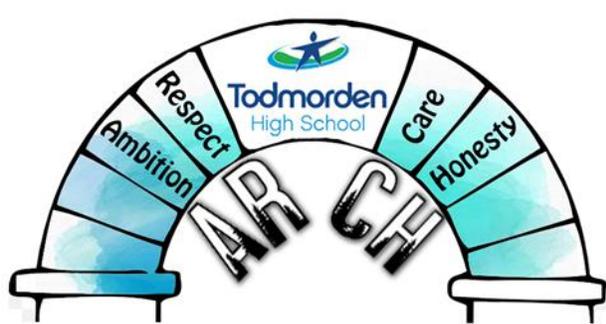
2: Remember to email your teachers to keep them updated with what you’ve been doing – your teachers will reward you on class charts and it helps your teachers to assess your learning and know where you are up to!

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Be as ACTIVE as possible!

It's tempting to sit in front of your screen or in your workspace all day, but you need to mix and match mental activity with physical activity! Physical activity releases endorphins which naturally lifts your mood and makes you feel good.

C: Use online videos to help you stay fit at home.
Here's just one option:
<https://www.nhs.uk/conditions/nhs-fitness-studio/>

A: Go on a walk every day – we live in a beautiful part of the world and it's a shame not to enjoy it as much as possible. Remember to take care, though – walk with one other person/ your family. You could even download a pedometer and set yourself step goals each day!

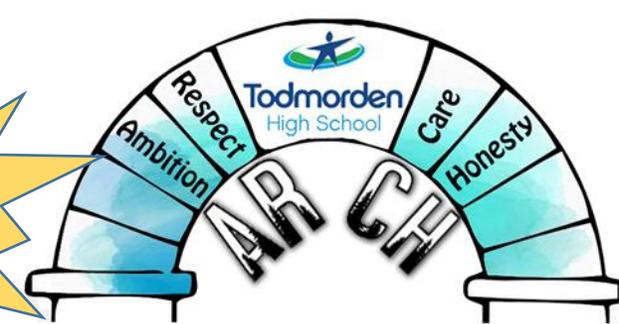
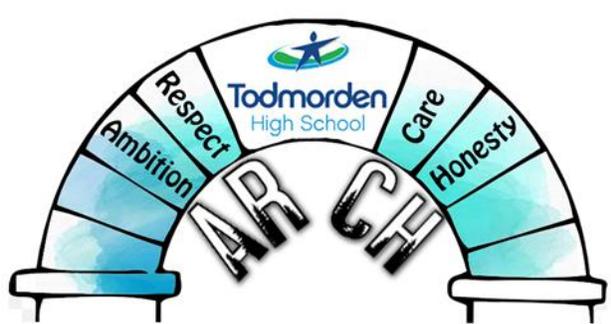
B: Take up the 'couch to 5k' challenge! New Year, New You!! <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

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Set yourself goals!

New Year is a time for making resolutions, so why not set some goals for yourself for the day/ week/ month/ year? Try to make sure they are challenging but achievable. For example, don't set yourself the challenge of sailing round the world! Make it realistic!



3: Complete some of the character challenges on your card. Send evidence to your form tutor/ learning manager for house points!

1: Set yourself challenges day by day and week by week. Think about what work you need to get completed and what ELSE you want to do alongside that. Find a balance between academic study and other activities – and plan them out!

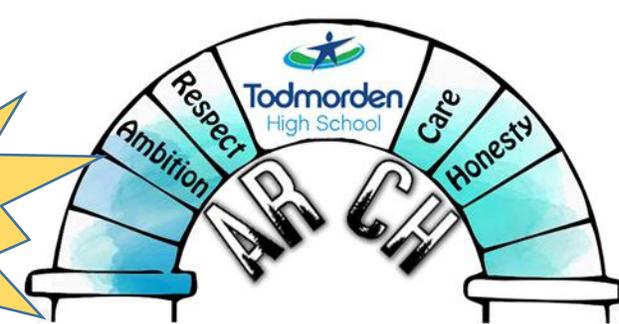
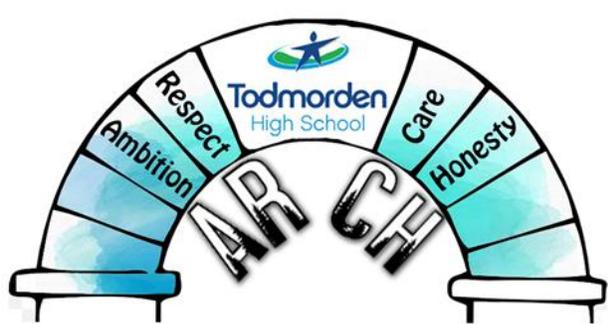
2: Set your self some longer term goals. You could do some research into careers you're interested in, for example. Try the links here:
<https://ckcareersonline.org.uk/>
<http://www.todhigh.co.uk/careers-programme/>

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Learn a new skill!

Commit to learning ONE new skill and developing it. For example, different friends have told me that during the previous lockdown they:

- Learnt to knit
- Learnt to paint
- Learnt to cook
- Designed and made a piece of furniture
- Learnt to make and edit videos
- Learnt to play the guitar

There are online tutorials from most things, or you can perhaps learn from a family member... passing skills on from generation to generation is a lovely thing to be involved in!

1: This page has a skills build up programme for cooking, and recipes for young people to make:

<https://www.bbcgoodfood.com/howto/guide/guide-cookery-skills-age>

2: This page has simple tutorials to guide you with drawing:

<https://design.tutsplus.com/articles/i-want-to-draw-simple-exercises-for-complete-beginners--vector-20583>

3: This is one of many online tutorials for the guitar:

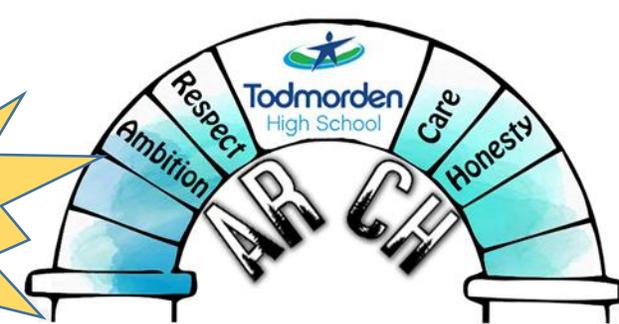
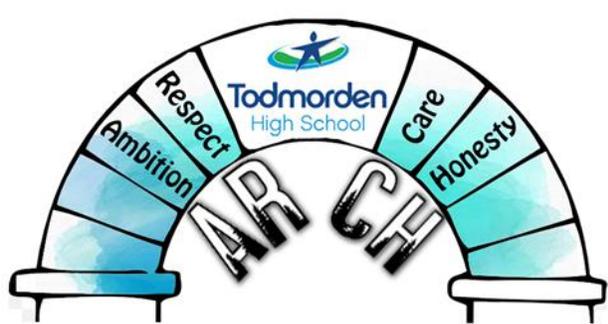
[guitar how-to](#)

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Beware too much screen time!

This can be a real problem. You might get headaches or feel like your eyes are tired and strained, it can interfere with sleep (especially if you're on screen later at night) and it can make us lose the ability to interact in person. Make sure you're using screen time for the right reasons, and that you take a break. And if you need convincing that it can be bad for you, follow this link to just one of many articles on this issue:

<https://www.verywellfamily.com/the-negative-effects-of-too-much-screen-time-1094877>

1: This link gives you some tips on avoiding eye strain from too much screen work: [eye strain top tips](#)

2: This link explains why screen time might sabotage your sleep – and what you can do about it! [why screen time might sabotage sleep](#)

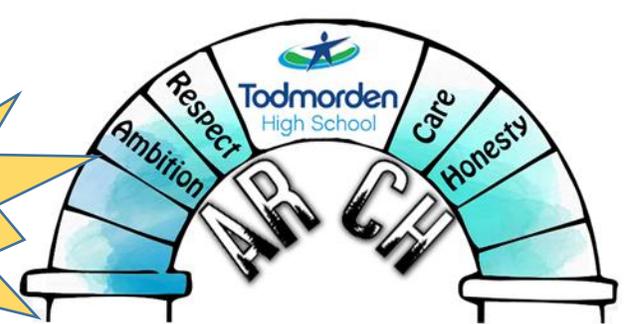
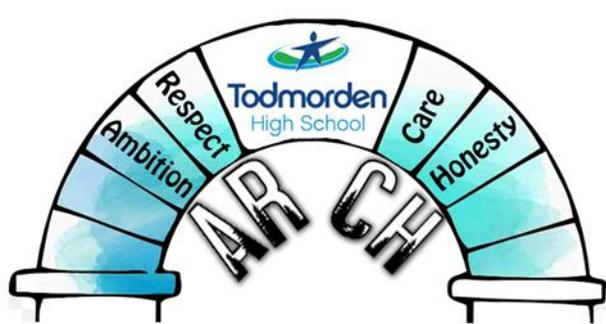
2: So, help yourself and DO SOMETHING ELSE!! The other pages in this PowerPoint give you lots of suggestions as alternatives to being glued to your phone/ laptop/ tablet/ game station. Doing something else will also mean you move more – and that's really good!

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Interact with the right people!

I know you can't interact face-to-face with all your friends at the moment, but make sure you involved yourself with the people who best support you and sustain you, NOT the people who bring you down.

3: Most importantly, don't get involved in nastiness on social media. There is NEVER an excuse for cyber-bullying or online nastiness.

1: Do you know what is meant by the term 'toxic friendship'? That's a 'friend' that doesn't help us at all... check out this video to find out more, and make sure the people you call friends are real friends:

[10 Ways To Know If Your Friend Is Toxic - Bing video](#)

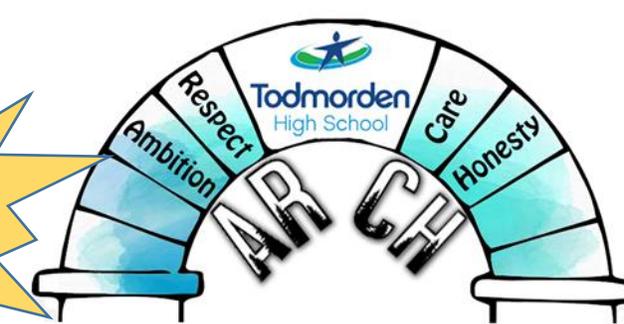
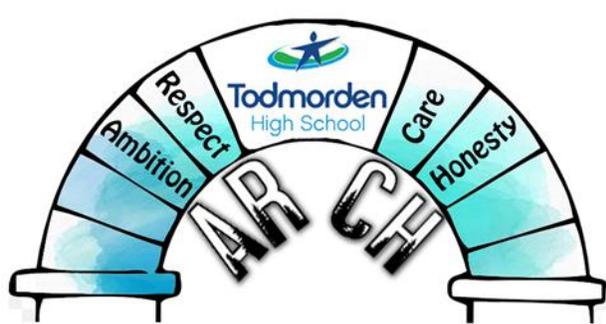
2: Many households have reported that the lockdowns have actually helped them connect with each other better – they are spending quality time together, eating together, supporting each other. Make sure you don't miss the chance to connect to the people who really care about you, in your home!

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Embrace being alone!

There's a difference between 'loneliness' and 'solitude' or 'being alone'. Many people enjoy being on their own, but it can come as a bit of a shock if you're usually enjoying a hectic social life with lots of different people! Here's a few reasons why spending time alone can be a really good thing...

2: It gives you time to reflect on what YOU really enjoy doing and gives you the time and space to do those things. When we are with others, we tend to fit with what they want, at least to some extent. If you are alone, YOU get to decide what you do when, without having to compromise.

1: You can more readily appreciate your friends. When you're with them all the time, you take them for granted. Having some enforced time apart can mean that you appreciate you friends much more once you can see each other again.

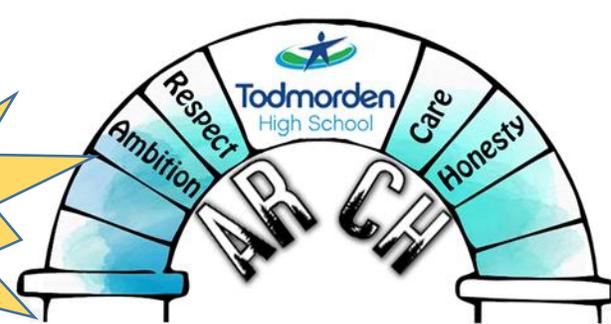
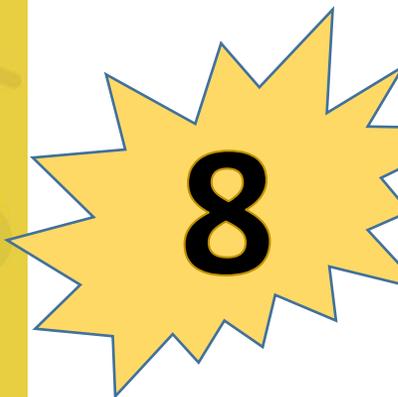
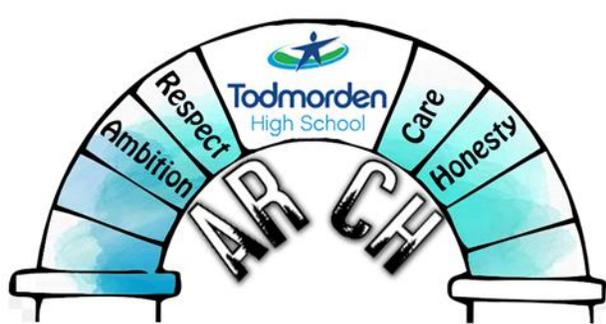
3: Your independence increases. If we only ever experience life with others, it makes doing things by ourselves seem more daunting. We eventually all get jobs by ourselves, travel to work and back by ourselves, live independently, so being alone SOMETIMES as we are growing up helps prepare for that.

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Appreciate the good!

Yes, everyone has difficult times and things go wrong for everyone sometimes, but a lot of this time, things are okay, even if they're not totally brilliant. If you reflect on what's good, and appreciate it, you'll keep a better sense of perspective if/ when things do go wrong.

2: By reflecting on your life, you can quite often draw comparisons with other people you know. Is someone you know having a bit of rough time? Would they appreciate a message or a chat? If you do this for them, they'll return the favour when you're having a bad time. What goes around comes around!

1: By reflecting on what's good, you might realise that some one is key to that who might appreciate your thanks. Who supports you? Take a minute out of our day to say a simple, 'thanks!' to those people.

3: Is there something that you have accessto, or a skill you have, that other people could benefit from? Can you help an older member of your family with their tech, for example? Can you pop to the shops so your neighbour, who's been ill recently, doesn't have to? Build your community by putting yourself out for others.

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8 THINGS THAT CHANGE YOUR LIFE IN ONE YEAR

1. Stop complaining and appreciate how lucky you are every day.
2. Embrace loneliness and reinvent yourself in the process.
3. Say goodbye to the people that don't bring positive energy into your life.
4. Throw off the TV and set Internet controls.
5. Pick one skill you want to cultivate and put all your effort into developing it.
6. Commit to the goals you set and never look back.
7. Sweat every day to boost your mood.
8. Fail forward. Learn from every mistake you make.

1. Appreciate the good!

2. Embrace being alone!

3. Interact with the right people!

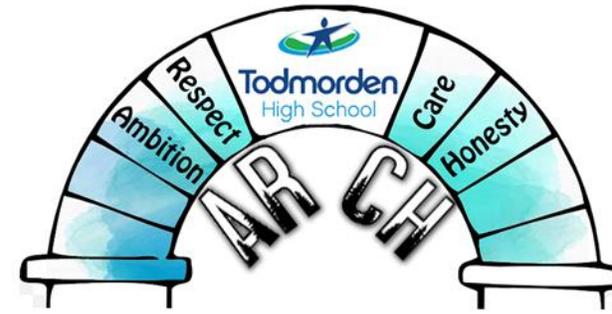
4 – Beware too much screen time!

5. Learn a new skill!

6. Set yourself goals!

8. Embrace the work!

7. Be as active as possible!



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