



DAME ALLAN'S SCHOOLS
building the future

Weekly Update

Key information

If you are a key worker, please take a few minutes to fill out this short Google Form to inform the Schools of any childcare requirements for the coming week: [click here](#).

Looking after your mental health

It can be easy during times such as these to feel anxious or overwhelmed. It might seem obvious, but if you are feeling stressed out by all of the media coverage surrounding coronavirus, set a limit on how much information you expose yourself to per day.

Sometimes that can be easier said than done and we need a little bit more help. Luckily, there is a wealth of information out there to help us all through. The [Anna Freud National Centre for Children and Families](#) has been a fantastic source for us this week. They've set up a designated resource for dealing with mental health during coronavirus including self-care tips.

Dame Allan's @ Home

We know working remotely makes it difficult to limit screen time, but here are some top tips to help you:

- take regular breaks - a 5 minute break every half an hour - and when you do, look away from your screen and focus on something in the distance for a minute. As you do, blink 20 times - this allows your eyes to relax and stops them from drying out!
- change the brightness of your screen - setting too high or too low can add extra strain to your eyes
- work primarily on paper, take a photo of your work, paste it into a Google doc and then submit the Google doc to your teacher. This allows us to write around the work if necessary
- Take time to do things that don't involve looking at the screen such as listening to an audiobook or talking a walk

And finally...

In the words of our Head Boy and Head Girl, in their final address to Year 13 on Friday:

“The times ahead are going to be hard, but we are all here to support each other through everything to come.”

Get in touch!

If you have any stories or photos of your children getting creative with their remote learning, email us at news@dameallans.co.uk