**Mindful Minutes- April 2020**

**“and the world came together as the people stayed apart”**

Easter eggs populate the supermarket shelves, lambs fill the fields and daffodils begin to spring into life… at least that’s what we are all used to seeing at this time of year as we prepare for the two week Easter break. Instead, these images have been replaced with a view of our own homes and an occasional outward glance to the wider world via our screens.

Suddenly our lives have been re-directed, without warning on a new journey- one that nobody could have ever really planned for. Planning makes us feel prepared- I mean, that’s what we do every day at school right? Prepare for Positive Futures- we look at what we need to thrive in our society and how we can equip ourselves with the greatest toolkits on offer so maybe, just maybe, you were far more prepared than you have realised.

Every day we have a plan, this plan is our armour- it keeps us safe and we know what to expect. When there is a change you know about it in the morning so that at least even though it may be uncomfortable you know it is coming.

Friday 20th March, High Well along with schools across the country suddenly embarked on a journey into the unknown. School as you and I know it changed- the plan for our days, weeks and year suddenly came to a resounding halt...and with this our plan had to change too. Our resilience really began to be tested.

People began to create their own plans, for some people this meant buying toilet roll- and lots of it! In lots of ways though, if you think about it- people began to action their very own plans because ‘plans’ in their simplest sense give us structure, they make us feel safe and we know what to expect. When we know what to expect we feel in control and control feels good.

Our instincts to prepare and adapt kick in. For you, our young people, you’ve had to sit back and observe this plan being formed around you, you have taken a back seat as the plan was formed in front of you. But, in actual fact, the plan has been formed in front of us all- we have had to learn new information, compute it and change our actions.

If we had been asked if this was possible, for the country to instantly adapt and react, most people would have said ‘no’. The reality is, we are doing this- the country has deployed its armour- you are part of that very armour.

The plan started before some of you may have realised, it started with washing our hands, changing our seating plans and our chats around keeping ourselves safe- you were doing your bit even then! We began to rely even more so on our politicians and government to make some decisions to look after us and we can trust their plan.

At a time of uncertainty create your own plan. My advice to you is-create your own armour- in whatever form is best for you- a daily plan or even a weekly plan and well or anything in-between.

Save your screen time as a ‘reward’ so you have something to look forward to in the evening.

Media is a powerful tool we can become absorbed by it. Too much time screen time will remove the enjoyment; look forward to gaming, watching YouTube and social media on an evening rather than throughout the day.

Write a letter to the people you miss, read, colour, and draw, write a story, create a diary of this time to look back on, bake, help cook lunch or tea and keep some structure to bed time as much as you can, spend some time outside in your gardens.

This is your time to discover what you have in your mental health first aid kit, together we packed these some time ago, you have always owned this toolkit its forever been in your possession and it is brimming with tools for you to use.

In this moment the countries plan is happening; a plan to keep everyone as safe as possible. You have been asked to wash your hands and stay at home- this is a really important job which can save lives. Thank you for doing your bit.

We talk a lot about trust; when tested it can sometimes feel uncomfortable. Together we need to trust our friends and families to follow the advice and stay home as we are, trust the advice even if we aren’t really sure why we are being asked to do it, trust our school to make decisions to keep our community safe, trust the people who lead our country to make the right decisions at the right time and trust the NHS to continue to set an example to the world.

We will come through this, our friends will still be there- maybe a tad taller but still the same friend, our school community and spirit will be stronger, our respect for our keyworkers will encourage us to replicate their courage, determination and sheer resilience, we will have new idols and a renewed sense of gratitude- because the world came together as the people stayed apart.

We will heal, we will remember how resilient we were, how communities clapped together on Thursday’s, how we spoke on the phone to those we care for, how we waved over the fences and realised just how strong we are truly are.

So, as I say to you every week- I believe in you. You have got this!

Stay safe, with all my love.

***Miss Hunter***

***KS3C***