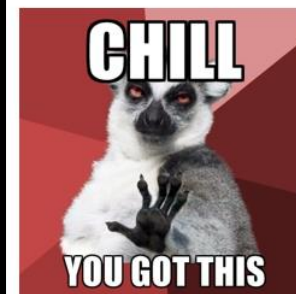


# Planning out your day

- Structure your day with breaks throughout the day
- Be realistic about the length of your study sessions
- Plan out subjects throughout the day
- Build in moments of fresh air!
- Find and create a safe working place
- Keep in the loop with revision websites
- Use Firefly to keep up to date with set tasks
- Maintain contact
- Build in wellbeing sessions within your day

## Daily Schedule

Before 9am	Wake Up & have breakfast
9:00-9:30	Morning silent reading
9:30-10:00	Morning Walk/Stretch/Exercise
10:00-11:00	Subject Learning
11:00-11:30	Plug yourself into Music and recentre!
11:30-12:30	Subject Learning
13:30-14:30	Creative Learning
14:30-15:30	Creative Learning
15:30-16:00	Grab some fresh air/Have a walk
16:00-17:00	Subject Learning



Do you have worries/stresses during Isolation?

Do you have a wellbeing concern?

Do you feel like you could do with some advice?

Please send an email to the school wellbeing address and Mrs Burdis, Mrs Johnson or Mrs Amps will email you back!

**REMEMBER!**

You must make sure you check your emails for your response!

**School Wellbeing Email Address:**

wellbeingteam@Chellaston.derby.sch.uk

# Where to find guidance during school closure

- KOOTH - Free safe and online counselling
- NSPCC Child Protection Helpline – 0808 800 5000
- Mentalhealth.org
- The Hideout - Womens aid
- The Samaritans - 01332 364444
- YoungMinds.org
- NHS Direct - Physical and Mental Health - 0845 4647
- Child Line – 0800 1111
- Mind - Advice for Mental Health including Self-Harming 0300 123 3393

The closure of schools has the potential to be an anxious and uncertain time for children, young people, parents and carers. KOOOTH and QWELL is offering free online counselling to support mental health and wellbeing.

Requiring no referral, the Kooth and Qwell services are available to everyone in Derbyshire to provide access to counselling support from 12-10pm on weekdays and 6pm-10pm on weekends, as well as 24/7 access to online forums where concerns can be shared and discussed and relevant online articles. The Kooth service is for children and young people aged 11-18.



To access support, please visit either [www.kooth.com](http://www.kooth.com) or [www.qwell.io](http://www.qwell.io) and sign up.

# YOUNGMINDS



# kooth

# NSPCC

# childline

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111

