

SUPPORT YOUR CHILD'S HEALTH AND WELL BEING: YEAR 8



Remote Learning

"I am not coping with the homework it is getting stressful."

(Year 8 pupil)

Boredom setting in

It appears that 71% of Year 8 pupils who took the survey are struggling with boredom during lockdown.

(Year 8 results)

How do we work effectively at home?

"I am concerned about all the homework set as I am not meeting the deadlines. "

(Year 8 pupil)

How to maintain Health and well-being at home

"I am missing school and my friends and have concerns about what the future will look like? "

"I struggling to complete all the homework set and it is effecting the way I feel."

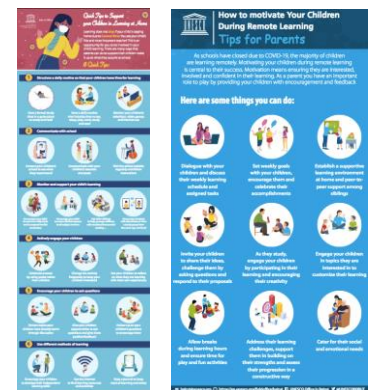
(Year 8 pupils)

Support and Guidance

Remote learning and working at home effectively

[HTTPS://EN.UNESCO.ORG/NEWS/RESOURCES-PARENTS-AND-TEACHERS-MOTIVATING-SUPPORTING-CHILDREN-DURING-REMOTE-LEARNING](https://en.unesco.org/news/resources-parents-and-teachers-motivating-supporting-children-during-remote-learning)

<https://bit.ly/2BUdeeV>



Dealing with BORDOM

<https://bit.ly/2CgEaVY>



Improving and Maintain your Health and well being



YOUNGMINDS

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

