

Case study

Students A and B found it really difficult during COVID-19 lockdown and were very anxious to start school back in September, knowing that everyday school life will be different from what they have been used to: new day regime, social distancing, wearing masks, seeing large number of peers since March, catching up with all the missed work.

All of the above factors raised pupil A and B's anxiety levels and they struggled to settle in straight away.

After we identified those pupils we carried out an 'emotional wellbeing' session, using the resources kindly provided by Bolton Information Advisory Service. During this session we had a look at what does anxiety mean, its symptoms and when does it become a problem. We discussed mental health issues, looked at few scenarios and had an open chat how would different people react and deal with them.

Both students A and B were fully involved in the discussion, expressing their opinions and some worries. We looked at 'positive wellbeing' concept and explored various strategies we can use when feeling anxious, sad or angry. Pupil A chose 'breathing technique' as his favourite strategy, whereas student B opted for 'worry tree' resource.

Both students found the session very informative, reassuring and beneficial. They understand the importance of sharing their anxieties and worries with people or agencies who might help them, as well as learning new 'calming down' techniques they promised to use in future.

Mrs Vernon

HLTA for SEND

St Josephs RC High School