



St John
Bosco
College

CORONAVIRUS

AND

TEENAGERS

A RESOURCE BOOK





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Dear Parents and Carers,

We are very mindful of the challenges that you are facing to help to educate and support your children in these unprecedented times. Whilst we as a school are continuing to provide daily online lessons and resources to all of our students, the day to day and face to face interactions, between adult and child, are now taking place in the family home.

Not only this but we know that as parents you have to manage the anxiety and concerns surrounding the virus that your children will naturally be experiencing.

As a school community we want to support you as best we can in these changed circumstances and have provided you with this handy guide which I hope that you will find useful.

The interventions and resources in this guide are examples from which you can pick and choose, depending on which ones you feel will work best for your unique set of circumstances. Please, do not feel under pressure to do everything on the list but please do give some a try if you think they'll help.

We recognise that there is no such thing as a 'perfect' response in these new circumstances, but we do know that everyone is doing the best that they can. With that in mind, I hope that you, as parents, are being kind to, and looking after, yourselves, as well as your children.

As a school we are very much here to support you and are happy for you to get in touch for further advice and guidance.

With warmest best wishes

Paul Dunne
Headteacher



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At the heart of our school ethos is the teaching of the Catholic Church and the educational approach of Saint John Bosco. The educational philosophy of Don Bosco can be condensed into three words: reason, religion, and kindness. The basic principle of his system was a deep understanding and love for young people and their problems. His motto, '**it is not enough for every child to be loved, they must know that they are loved**' embodies his approach perfectly.

Our school ethos is summed up by **RUAH: Respect, Understanding, Affection and Humour**. These four principles underpin every aspect of our school life and together spell out the Hebrew word for 'breath of life' or 'spirit'.

Students enjoy a school life that is supported by prayer, worship, celebration of the Eucharist and excellent chaplaincy provision. In addition, high-quality personalised learning which helps all pupils to achieve their potential, whether they need an excellent academic training or a more vocational approach.





Manage yourself first

1. What is triggering you?
2. Use only responsible media for information.
3. Come to a calm centred place.
4. Become comfortable with your uncertainty.
5. Make sure you check the HEAT for you and your children.
6. Remember, it's going to be ok.

Our children are biologically designed to feed off of our level of comfort in the world. When we feel stressed and anxious, our children feel it as well. It is important that before entering into any conversation around potentially triggering moments that we first centre ourselves.

Steps for Talking to Your Children During a Crisis

1. Make sure distractions are minimized.
2. Frame the conversation to set the tone
3. What do you know now? (They know more than you think)
4. What worries do you have?
5. Fill in the gaps.
6. Encourage a bigger discussion
7. Emotion Coach through big feelings.
8. Make sure they know you are available.
9. Revisit often.

Coronavirus (COVID-19) - Looking After Your Feelings and Your Body (Advice From Public Health England – March 2020)

For the latest Government advice on staying safe and well at home, please see an up-to-date guide by clicking on the following link to the school website:

<https://www.sjbc.wandsworth.sch.uk/news/?pid=10&nid=1&storyid=118>



Teenagers are being asked to cope with a level of anxiety that is overwhelming whilst removing themselves from their support network of friends and teachers. Expect them to feel angry and isolated sometimes. However, this moment in history is offering unprecedented access to their lives for some parents. You may be tempted to treat them as adults as they have very adult sounding opinions. Have mature discussions with them about the all aspects of the crisis. However, they do still need you to be their compass and reference point. Provide them with the reassurance that the world will eventually come back to normal.

Ways to Stay Calm in Crisis

We are the regulators of our children's emotions. This can be incredibly difficult to do when we feel drained and out of resources. Remember that self-care is not selfish. In a time like this, it is vital for the health and wellbeing of your family. Also, all of these techniques can be used for your children as well.

1. Stop. Drop. Breathe.
2. Anxiety lives in the future. Focus on the now.
3. Remember all feelings are temporary.
4. Change your position ... literally.
5. Shine a light on the dark thought.
6. Is it true? Is it helpful?
7. Mini Mantra Meditation
8. Social Media Limits
9. Keep a journal or diary
10. Read
11. Listen to music
12. Hug the members of your family living at home
13. Make a call to a friend
14. Doodle
15. Stretch
16. Stay hydrated
17. Remember we are all in this together.
18. Return to what you need to do.

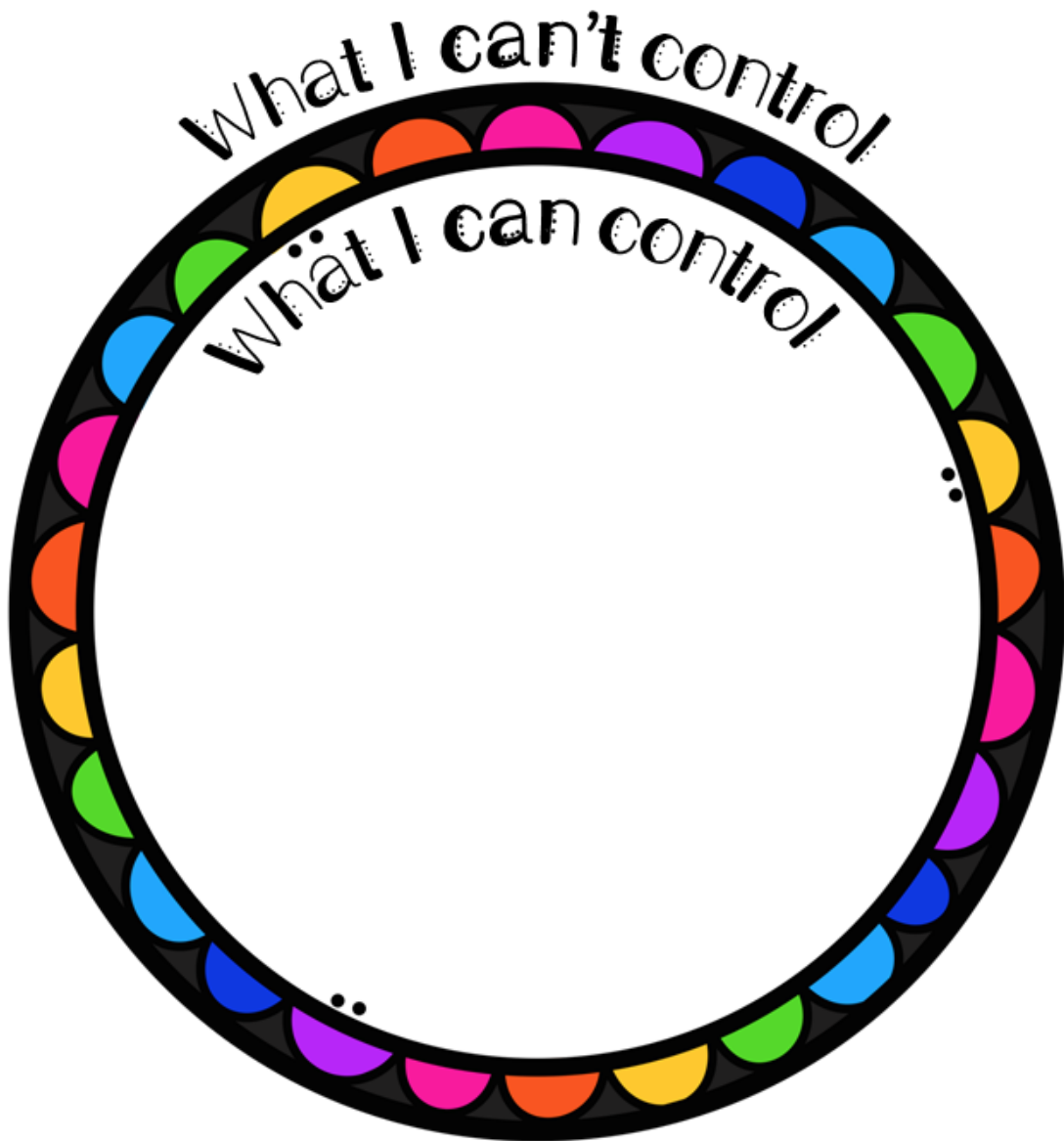
Many of these things may seem simple, but when you are under resourced, having a list removes the anxiety around making a choice. Revisit these interventions often to keep things interesting. We are running a marathon, not a sprint.



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Circle of Control



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For all of us, there are things we can and can't control. Highlight what you can control. Minimize what you can't. We can choose to focus our thoughts.



PREPARATION

Possible Supplies needed

1. Pencils, Pens, Rubbers, Sharpeners
2. Coloured Pencils
3. Crayons
4. Paper, Paper and more Paper
5. Printer and ink
6. Computer or Tablet
7. Calculator (Scientific for those in KS3 and above)
8. Protractor, Compass
9. Access to Age Appropriate Reading Material

Home Environment

1. Take time to consider and organise
2. Make a schedule
3. Have supplies ready to go
4. Have grown up zones
5. Have a Quiet Space
6. Try to have workstations

Reality Check

1. Expect the house to become cluttered.
2. Projects may take more or less time than planned.
3. It's ok to take a break and return later.
4. Children and teenagers are going to complain. It isn't personal.
5. This is a learning curve for everyone on the planet.
6. Reach out to and expand your network for support.
7. These are temporary measures.
8. The world will settle again.
9. You can do this.

Important Reminders for Tech

1. **DROP THE GUILT NOW.**
2. Take stock of all tech devices in the house.
3. Check parental control settings
4. Cloud Access/Logins
5. No more than 45 min on a device for anyone
6. Timers are a parent's best friend



Schedules

1. Start with mealtimes
2. Add in your meetings
3. Move onto the children
4. Make it fair
5. This does not need to be extremely specific
6. Have reasonable expectations
7. More work will happen for you at night
8. Get all adults on the same page

Rules

1. Made by the parent and child together
2. Use Umbrella Rules
3. Keep them positive (No don'ts)
4. Make it fair
5. Value Based
6. Practice
7. Role Model
8. Review

Implementation

Physical Activity

1. Stair steps
2. Star Jumps, repeated jumps
3. On the Spot Running
4. Outside Play in the Garden (if possible)
5. YouTube Exercise Videos for Kids – try the Joe Wicks PE lessons on YouTube
6. Yoga
7. Dance Party
8. Scavenger Hunt
9. Hula Hoop
10. Keep Moving Little and Often

Non-Tech Activities

Interview a family member.

Measure the area and perimeter of each room in your home.

Graph the types of birds that frequent your garden or windows.

Be completely silent for 60 minutes, then write about the experience.

Write and send a [real] letter to your teacher. Address the envelope yourself.

Build a "fable fort" out of blankets and chairs. Camp in it all day while you create stories to tell your family over dinner.

Learn Morse code and use it to communicate with your siblings through walls and floors.

Alphabetize the spices in your kitchen.

Call a grandparent or older relative. Ask them to teach you the words to a song from their childhood days.

Using household materials, build a working rain gauge, barometer, and wind vane.

Determine and chart the times that different liquids require to turn solid in the freezer.

Construct a family tree.

Learn ten new big words. Write them in marker on your bathroom mirror.

Draw a map of your home.

Sit silently for 15 minutes while you write down every sound you hear. When you are done, classify the sounds (high/low pitch, high/low volume, manmade v. naturally occurring, etc.).

Create a Venn diagram that compares and contrasts two people in your family, your village, or your church, mosque, or temple.

Learn, practice, and perform a magic trick.

Learn, practice, and tell three new jokes.



Non-Tech Activities cont ...



Use household materials to make and play stringed, percussion, and wind instruments.

Learn to clean and polish a pair of shoes.

Collect leaves from ten different (non-harmful) plants. Sort them by size, colour, and texture.

Put your favourite book, toy, and keepsake on a small table in sunlight. Draw or paint a full colour still life.

Find, pick, and dissect a flower.

If you have stairs, walk up and count them. Walk down and count by twos. Walk up and count by threes.

Determine the volumes of ten containers, then display them in order in the garden.

Classify twenty everyday objects by shape, size, colour, height, mass, and material.

Measure the length of your bed using five different nonstandard units.

Call a person who speaks a language you do not. Ask them to teach you five common words or phrases.

Create and use a secret code.

Using one type of paper (constant), build three different paper airplanes (independent variable) and test to see how far they fly (dependent variable).

Set a clock three hours and seven minutes ahead. Whenever someone needs to know the time, help them figure it out by subtracting.

Write down every adjective you say for one full day.

Design a map of every county/country ever visited by people in your family.

Write or tell a story titled: "What if humans had to leave the Earth and no one remembered to turn off the last robot?"

Find ten rocks smaller than a pound coin.

Using paper, tape, and string, design, build, and test a device that warns you when someone opens the kitchen cabinet.

Imagine, create, and fly a full-size flag that tells the world about you.



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Helpful Websites

Year 7 – 8

National Geographic Kids

www.natgeokids.com/uk

Activities and quizzes for younger kids.

Twinkl

www.twinkl.co.uk

This is more for printouts, and usually at a fee, but they are offering a month of free access to parents in the event of school closures.

*Pretend to travel the world. Go on a virtual tour of these 12 famous museums.

www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours

Explore the surface of Mars on the Curiosity Rover.

<https://accessmars.withgoogle.com>

Daily free science or cooking experiment to do at home.

www.clubscikidzmd.com/blog/

Interactive video earth science-based curriculum supplement.

www.everyday-earth.com/

Illustrated recipes designed to help kids age 2-12 cook with their grown-ups. Recipes encourage culinary skills, literacy, math, and science.

www.nomsterchef.com/nomster-recipe-library

Helps kids learn to appreciate the arts by providing them with the opportunity to play games, conduct investigations, and explore different forms of art.

<https://artsology.com/>

SCHOLASTIC ACTIVITIES

<https://classroommagazines.scholastic.com/support/learnathome.html>



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Helpful Websites cont ...

Year 9+

FOR ADULTS AND OLDER KIDS. FREE COURSES FROM MOMA.

www.coursera.org/moma

Futurelearn

www.futurelearn.com

Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

Seneca www.senecalearning.com

For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.

Openlearn

www.open.edu/openlearn/

Free taster courses aimed at those considering Open University, but everyone can access it. Adult level, but some (e.g. nature and environment) courses could well be of interest to young people.

Duolingo www.duolingo.com

Learn languages for free. Web or app.

Mystery Science www.mysteryscience.com

Free science lessons.

Crash Course www.thecrashcourse.com

You Tube videos on many subjects.

IDEA Awards <https://idea.org.uk>

Digital enterprise award scheme you can complete online.

Big History Project www.bighistoryproject.com/home

Aimed at Secondary age. Multi-disciplinary activities.

Tour Yellowstone National Park!

www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm

Digital archive of history www.bunkhistory.org/

A human visualization platform that allows students to explore the human body in really cool ways.

<https://human.biodigital.com/login?returnUrl=%2Fdashboar>



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Helpful Websites cont ...



FREE COURSES FROM SOME IVY LEAGUE UNIVERSITIES IN THE USA.

www.classcentral.com/collection/ivy-league-moocs

Classes for older teens or adults

[www.thegreatcoursesplus.com/lp/t1/freemo?source_id=FREEMO&utm_source=Social Media&utm_medium=Facebook&utm_campaign=1000614&fbclid=IwAR1vaJx-3aCdyE75S0fTJg4JZ_jl6KJvsJb4CnXY03tnfTm3FdgfIaNpY](http://www.thegreatcoursesplus.com/lp/t1/freemo?source_id=FREEMO&utm_source=Social%20Media&utm_medium=Facebook&utm_campaign=1000614&fbclid=IwAR1vaJx-3aCdyE75S0fTJg4JZ_jl6KJvsJb4CnXY03tnfTm3FdgfIaNpY)

2,500+ online courses from top institutions

www.edx.org/

All Ages

Khan Academy

www.khanacademy.org

Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it is mostly common material.

BBC Learning

www.bbc.co.uk/learning/coursesearch/

This site is old and no longer updated and yet there is so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.

Blockly

<https://blockly.games>

Learn computer programming skills - fun and free.

Ted Ed

<https://ed.ted.com>

All sorts of engaging educational videos.

The Kids Should See This

www.thekidshouldseethis.com

Wide range of cool educational videos.

Crest Awards

www.crestawards.org

Science awards you can complete from home.

Tinkercad

www.tinkercad.com

All kinds of making.



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Helpful Websites cont ...

Prodigy Maths www.prodigygame.com

Is in U.S. grades, but good for UK Primary age.

British Council www.britishcouncil.org/school-resources/find

Resources for English language learning.

The Artful Parent www.facebook.com/artfulparent/

Good, free art activities.

Online resources:

- BrainPop
- Curiosity Stream
- Tynker
- Outschool
- Udemy
- iReady
- Beast Academy (Math)
- Khan Academy
- Creative Bug
- Discovery Education

YouTube Channels:

- | | |
|----------------------|----------------------------|
| - Crash Course Kids | - Science Channel |
| - SciShow Kids | - National Geographic Kids |
| - Free School | - Geography Focus |
| - TheBrainScoop | - SciShow |
| - Kids Learning Tube | - Geek Gurl Diaries |
| - Mike Likes Science | |
| - Science Max | |
| - SoulPancake | |

Lots of board games, library books (and Kindle), tinkering/upcycling with household junk, etc.

Poetry and music

www.thewell.world/mindful-music/mindful-poetry-moments

Kids Think Design explores careers in fashion design, graphic design, interior design, book design, product design, film and theatre, architecture, animation, and environmental design.

www.kidsthinkdesign.org/



INTERVENTION

Interventions for Siblings

1. Remain calm (at least on the outside)
2. Get space between them for safety and sanity
3. Schedule a meeting for resolution
4. Listen to all points of view and reflect back what is said
5. Do your best to not judge or take sides
6. Ask them to tell you a solution
7. Implement the solution and use descriptive praise

Interventions for Parents

1. Parents are people, too
2. Prepare for mistakes
3. If everyone is safe, walk away.
4. Time and space will bring you to centre
5. Model taking responsibility and apologising
6. For partners, code words are key
7. Always revisit the actual issue using I statements when calm
8. Parental mistakes turn into great opportunities

MANAGING MELTDOWNS

Preparation

1. Have a safe space for your child to meltdown. Have them practice going there for a break. Make it a safety rule
2. Establish meltdown rules and practice them. (Hitting pillows or the floor, screaming into a stuffed animal, angry drawing etc.)
3. Talk about how you know meltdowns may happen and that you are there to help them come back to centre.
4. Prepare the family by explaining the meltdown process and how it differs from a tantrum.

INTERVENTION cont ...

Intervention

1. Safety is the first priority. Remove obstacles and make sure other family members are safe.
2. Remain calm with a “flat affect”.
3. Use as few words as possible.
4. Place a weighted blanket over your child.
5. Guide your child to the safe space if they are not there.
6. Limit sensory stimuli (noise, smells, visual noise)
7. Give it time. Breathe deeply and audible so your child can imitate
8. Ignore any words that are hurtful or rude. They are not in control.
9. Allow it to peak and fall.
10. Allow sufficient time to reboot. This may look like a nap and may take hours.

After Homeostasis is Restored

1. Repair anything that may be broken.
2. Clean any mess together (where appropriate).
3. Make sure your child knows that you do not hold a grudge.
4. If possible, talk it through, find out what the trigger was and plan for if that should happen again. (Your child may not know. This is OK.)
5. Let it drop. There should be no punishment for meltdowns.

FURTHER INFORMATION

Additional information, ideas and general advice about living with the Coronavirus crisis can be found on the school website: www.sjbc.wandsworth.sch.uk

Latest up-to-date news: <https://www.sjbc.wandsworth.sch.uk/news/?pid=10&nid=1>

Student resources:

<https://www.sjbc.wandsworth.sch.uk/page/?title=Students&pid=9>

Parent resources: <https://www.sjbc.wandsworth.sch.uk/page/?title=Parents&pid=10>

E-Safety and Parent Tips:

<https://www.sjbc.wandsworth.sch.uk/page/?title=E%2DSafety&pid=79>