

Supporting secondary schools through Covid-19

What we can do to psychologically support pupils, families and
staff

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May 2020

Balance



Pupils and families concerns

- Screen fatigue
- Exam pressure for Year 10 and Year 12
- Social isolation – avoidance of social interaction
- Fear – anxiety related issues
- Lack of routine and low personal motivation
- Fear of catching or spreading the virus
- Parental fear of student falling behind in education
- Missing out on summer plans
- Differences in experience of lockdown – vulnerable students

Headteacher and school staff concerns

- Responsibility - for wellbeing of staff and pupils
- Fear of ill health - vulnerability
- Managing online teaching expectations - what is manageable?
- Balancing work life and home life
- Looking after and being kind to yourself
- Anticipation makes anxiety worse
- Keeping in touch with colleagues
- Supporting vulnerable families
- Parents observing and commenting on online lessons
- Home / School boundaries

Be a role model



Building back a school community

- Enhancement of general teaching good practice
- Encourage students and colleagues to find what helps their wellbeing – are they taking up opportunities for sport, art, music etc?
- Understanding your impact on colleagues – sharing anxiety induced conversations is unlikely to help
- Avoid endless circumnavigating and discussing the news
- Demonstrate good practice to pupils and colleagues
- Acquire local knowledge of each student's situation and experience of lockdown. Has there been a bereavement, family health related issues or relevant event that have taken place during lockdown.

RESILIENCE

Definition:

- The ability to achieve full potential and development in the face of life's ordinary adversity and/or in the face of unusual or extreme adversity

How to bring this about:

- Through working on wellbeing and good general psychological health – the best source of resilience may be societally based wellbeing

The best thing for children's wellbeing is to get them back to school

POWER OF POSITIVITY

What we learned from the Thai boys trapped in the cave

- No one complained
- They remained calm
- They knew how to look after themselves
- They stayed positive and supported each other
- They didn't anticipate when they would be saved

West can learn from the East, the many benefits of understanding the temporary nature of feelings



Queen tells nation: Never give up, never despair

“At the start, the outlook seemed bleak, the end distant, the outcome uncertain. But we kept faith that the cause was right – and this belief, as my father noted in his broadcast, carried us through.

Never give up, never despair.”

What Determines Happiness



Source: Sonja Lyubomirsky, Ph.D.
University of California, Riverside

Heads Up Kids - Year 7 and 8



Thank You

