

# Supporting secondary schools through Covid-19

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

Dr Mark Berelowitz, FRCPsych, Child and Adolescent Psychiatrist, Royal Free London NHS Trust

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# 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



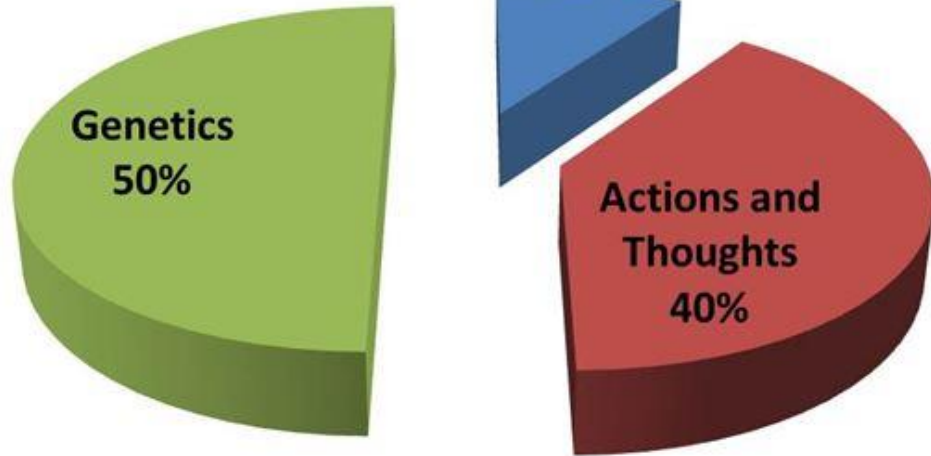


## Queen tells nation: Never give up, never despair

“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

