

# Advice from the Guidance Department for students during Tarbert Comprehensive School Closure

On weekdays follow your normal school timetable - it gives a clear structure- focus on your subjects for 40 minutes - regularly log in to emails from your teachers and consult the school app and website for live streaming, details of power points, class notes, homework etc.

Make a study plan - ensure you rest during study periods, eat sufficient and healthy food, drink lots of water, engage in physical activity (outdoors is best), stay in contact with friends and family and most importantly get 8 hours of good quality sleep each night.

This is a unique and unprecedented scenario for us all, however using the strategies that you have used in the past to manage times of stress can benefit you now. Remember all you have learned in SPHE, Wellbeing and in the “Friends For Life” Resilience classes. Look at this extra time as an opportunity - you have time to read books (excellent recommendations from the school book club), listen to your music and enjoy some fresh air!

It is normal and acceptable to feel some sense of worry and anxiety over the outbreak of the Covid-19 coronavirus. Be mindful of those around you and take the above advice into account when looking after your own wellbeing.

## **If you need to speak to someone, contact:**

- Aware [1800 80 48 48](tel:1800804848) (depression, anxiety)
- Samaritans 116 123 or email [jo@samaritans.ie](mailto:jo@samaritans.ie)
- Pieta House [1800 247 247](tel:1800247247) or email [mary@pieta.ie](mailto:mary@pieta.ie) (suicide, self-harm)
- Teen-Line Ireland [1800 833 634](tel:1800833634) (for ages 13 to 18)
- Childline [1800 66 66 66](tel:1800666666) (for under 18s)
- Email Mrs. Griffin in the Guidance Dept

*Stay safe & well!*