



# Oasis Academy Leesbrook Safeguarding

January 2021

## Keeping Children Safe

### Keeping Safe Online

Here are our top three tips for looking after your mental health during lockdown:

1. Stay active – during lunch time or after school try to walk around and boost your mood.
2. Positive habits – write down a list of 5 positive mental health habits you can do each day (e.g., shower, go for a walk, say one nice thing to myself).
3. Ask for help – if you notice yourself struggling, ask for help from friends, school, family or online support. We all struggle from time to time, don't be embarrassed or worried about talking to others about your problems!

### Self-Care Online

During January we are all spending a lot more time online. Not only is it important that we keep safe but that we continue to care for ourselves. Here are some things to remember while you are online in January:

1. Don't give other people access to your Teams account
2. After school remember to get plenty of rest and re-set your mind
3. Make sure that you are working in a comfortable environment with a suitable chair for support
4. Monitor the volume of your computer so that it is not too loud in the day

## Welcome to the Pastoral Team!



Miss. Swaffer

Hello, I am Miss. Swaffer and I am the new Pastoral Intervention Leader. The Habit that means the most to me is Joyful. This past year has taught me how important it is to find joy in very new and challenging times. I try to encourage people to be joyful and look for the positives in life. I am very excited to be part of the Leesbrook family.



Mr. Evans

Hello, I am Mr. Evans you may have known me in the past as Commando Joe. The Habit that means the most to me is Honesty as I believe you cant go wrong if you tell the truth. I have been lucky enough to visit you once a week for the last two years now I am honoured to be part of the Leesbrook family full time.