

BeatTheBoredomSheff (April 2020 – COVID-19)

There is a growing concern as to the impact on the COVID-19 measures on children and young people's mental health. The loss of structure, activities and social contact combined with the pressures on families are a toxic mix which can eat away at even the most resilient of young people.

We know schools are doing an amazing job under the most challenging of circumstances and we know schools offer key pastoral support to all children and young people. We would like to support you to enhance the emotional wellbeing of your pupils at this challenging time.

School staff can make a massive difference to pupils' wellbeing by helping them to structure their day, engage in healthy lifestyle activities and reduce social isolation. We have developed the BeatTheBoredomSheff Plan to help school staff engage with pupils about these issues.

It will add great value to this exercise if key staff, preferably those the young person has a good relationship with, could be assigned to particular pupils to show interest in their progress and give individualised feedback

The purpose of the planner is to support engagement with pupils in thinking about their day and the things which help them to feel motivated and comforted - not about performance as such, as we know the children and young people who will need this support the most are likely to be those who are doing the least.

For some pupils the planner will help them to enhance their routine for others the focus may be on establishing a routine, it's important to join the young person where they are at and help them to build healthy coping strategies, even if these have to be small steps to start with.

Engaging pupils with BeatTheBoredomSheff

- The planner can be sent out electronically or in paper format. **Pupils need to download the electronic copy in order for them to be able to write into the pdf.**
- The planner is connected to Instagram campaign #BeatTheBoredomSheff to help engagement.
- It will also support this process if there is a school wide campaign, such as daily challenges, or tutor group tasks or intra-school competitions to encourage participation across pupils, with a focus on thinking about what will engage the most vulnerable
- If a particular pupil is struggling to engage with the activity the priority needs to be on building the relationship, trying to meet them where they are at and work out what would be a good next step for them.
- It is important to be mindful that some pupils may be experiencing an extremely stressful family environment and thus in all conversations with them it is important to maintain an open mind as to why they may be acting in certain ways and find ways to best engage them in your support even if that is by offering a simple check in.
- Please see Healthy Minds guidance on supporting pupil emotional wellbeing via telephone if further information is required to support particular vulnerable pupils
- An excellent resource for staff wellbeing can be found at [Every Mind Matters](#)