



Providence English Private School P.E.P.S. – Supporting Children’s Wellbeing During COVID19

Message from our School Advisor

In order to ensure the continuous wellbeing of your child, their classmates, and the rest of the student and staff community. The mental and physical wellbeing of our First Point Community is critical to us. We are aware that students, staff and parents will be feeling anxious, stressed or lonely, all of which are completely normal feelings, especially with the current global crisis. Below are some ideas and coping methods to help.

Supporting Children’s Wellbeing during COVID19

With the thunder clapping, lightning striking, streets seemingly empty and all passenger flights soon to be grounded, these are indeed, unprecedented times in the UAE.

As we embrace the new ways of living and learning and as we ride the waves of change, now is a good time to look inward and priorities our emotional wellbeing. Below are a few tips (*from the National Association of School Psychologists*) to support children and help alleviate our worries, during this tricky time.

1. Stay connected, Remain Calm and reassuring:

Make a point of reaching out to your peers. Consider a small online study or reading group in addition to course time, and, where possible, make it a video chat. Seeing familiar faces makes a big impact on mood.

Check in with your own emotions – how are you doing? Children will react to and follow your verbal and nonverbal cues. What you say and do about COVID-19, current preventative efforts, and related events can either increase or decrease your children’s anxiety. Let your children talk about their feelings and help them to reframe their concerns into the appropriate perspective.

2. Structure your routine

Staying on top of getting ready in the morning helps you start your day refreshed and gets you into a more productive mindset – it also prepares you for any unexpected video chats! Set daily goals, eat at regular times, get consistent sleep, and most importantly, separate study time from personal time. During class and study hours, try to stay in your work mindset, but allow yourself to take breaks as needed.

It can also be helpful to create a physical separation from your academic and personal life. Try taking a short walk around at the beginning and end of your school day to signal that separation.

3. Be in the present.

It’s easier said than done but children may need extra attention from you at the moment. They may struggle with their behavior at home whilst away from their school routine and they may not know how to express their needs and worries.



Providence English Private School P.E.P.S. – Supporting Children’s Wellbeing During COVID19

It is important for you to be attuned to these challenges and be in their present moment to help them know they have someone who will understand, make time for them and listen what their fears or concerns are. Tell them you love them more than ever and give them plenty of affection when they feel unsettled.

4. **Keep moving**

Exercising can significantly lower anxiety levels, and boost serotonin – and there are plenty of ways to exercise at home. We will be providing online resources and live PE sessions to assist with this.

5. **Monitor television viewing and social media.**

Limit television viewing or access to information on the Internet and through social media. Speak to your child about how many COVID-19 stories on the Internet may be based on rumors and inaccurate information. Talk to your child about the factual information of this disease and the army of superheroes working together to help protect them and keep children safe —this can help reduce anxiety.

6. **Take time to switch off**

Studying remotely can blur the line between home and academic life, making it hard to disconnect from school-related tasks at the end of the day. Make a clean break from your email at the end of the day and enjoy more leisurely activities. With ever-changing news and social media updates, it may also be helpful to reach for a mindfulness app instead of your social apps.

7. **Be honest and accurate.**

In the absence of information, children often imagine situations far worse than reality. Don’t ignore their concerns, but rather explain the facts local to the UAE and the safety measures that have been put in place to keep UAE as safe as possible.

8. **Reach out to your support systems**

Healthy relationships with family, friends and loved ones are vital to your own mental wellbeing during this time. Be sure to check in with them on a regular basis.

Contact details: PEPS’ Well Being Team

- | | | | |
|-------------------------------|---|---------------------------------------|--|
| 1. Career / course related | : | Mr. Ajesh JP Nair, (School Counselor) | counselor@peps.ae |
| 2. Mental & Emotional (Boys) | : | Mr. Ali Atef Awad, (Social Worker) | aatef5174@gmail.com |
| 3. Mental & Emotional (Girls) | : | Ms. Rasha Nabih (Social Worker) | md_20053@hotmail.com |
| 4. Health related | : | Ms. Mini Samuel, (School Nurse) | minishibu17@gmail.com |