

# Wellbeing tip - number 10

## Keep learning.

Even though learning stretches us and takes us out of our comfort zone sometimes, it is central to who we are and our sense of mental wellbeing. Learning as we knew it was abruptly interrupted but that doesn't mean that we can't continue to learn or that we won't be back together again all learning in the same place. Think about how much we have all had to learn over the past few weeks amidst the Coronavirus outbreak: getting to grips with home learning, understanding new technology, managing anxiety in the middle of a global pandemic, realising that the things we thought mattered don't actually matter as much as we thought they did, noticing the things we now miss that we didn't realise were so important to us, learning how not to be wasteful, discovering a resilience we never knew we had and so on. The list is endless. We may not have been learning as we expected to be but we have been learning nevertheless. I know some of you are disappointed not to be sitting your exams this summer. I hope as the weeks progress that it is becoming easier to accept this and you know that your efforts will not be wasted and will be rewarded. Any future employer will know very well what it took for the class of 2020 to achieve their qualifications and will admire you for this. We are proud of you!

## What is learning?

- ❖ Gaining new knowledge
- ❖ Developing new skills
- ❖ Having new experiences
- ❖ Challenging ourselves to do something different
- ❖ Improving on what we have learned before
- ❖ Trying new tasks
- ❖ Attending new events
- ❖ Setting goals and achieving them
- ❖ Using different forms of communication
- ❖ Working in new ways

## Why is learning important?

- ✓ Sense of satisfaction at overcoming a challenge
- ✓ Better equipped to tackle life
- ✓ Gives us confidence for the future
- ✓ Develops determination and perseverance
- ✓ Sense of purpose and hope for the future
- ✓ A sense of things moving forwards
- ✓ Focuses the mind on the here and now
- ✓ Helps us view the world from different perspectives
- ✓ Helps us to adapt to new situations
- ✓ Helps us cope with stress

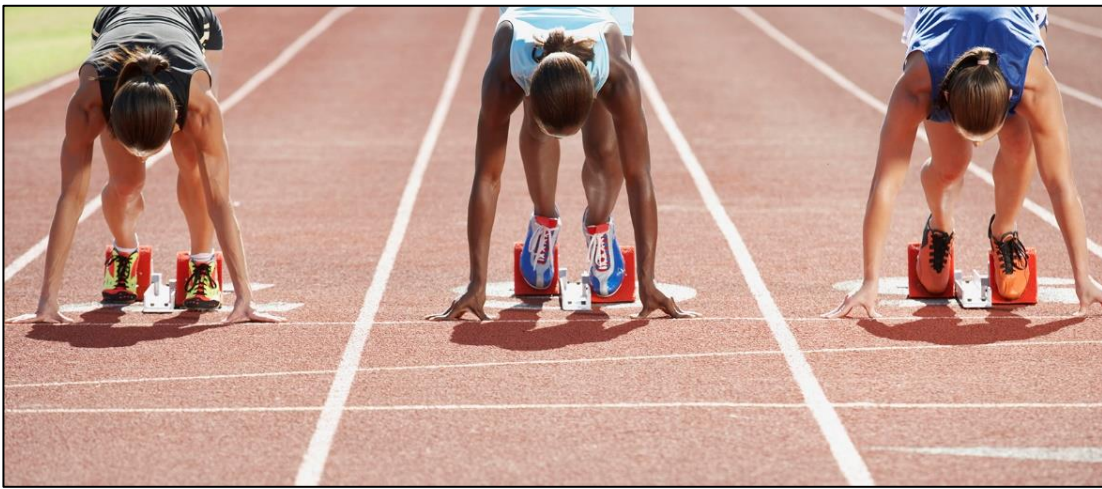
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**“The beautiful thing about learning is that no one can take it away from you”**

- B.B King





It may feel as though lockdown will last forever but there will come a time when we go back to school. We want you to be ready for this and not panicking. It's important that you are working now and not putting it off so that you feel prepared when the time comes.

<https://www.goodreads.com/quotes/tag/keep-learning>



Click for more quotes like this.

“You don't need anyone else's approval to change your life.”

Germany Kent

## Getting ready for the new term - checklist

1. If you have not done much work since being at home, this is the chance for you to find a new resolve to work hard. We will be checking on students who appear not to be working.
2. Make sure you have all the resources you need and email [cga@clapton.hackney.sch.uk](mailto:cga@clapton.hackney.sch.uk) if you are missing anything.
3. If you have access to the internet, check SMHW daily for work set by your teachers and for daily student notices.
4. If you do not have access to the internet, you will be sent paper resources which you will be expected to work through.
5. Start to get yourself back into a term-time sleeping pattern so that you are ready to work from the first day of term (See Wellbeing Tip 5).
6. Look back to Wellbeing Tip for some advice on how to develop good concentration skills.