

Sensory Service for Hearing Impairment

Welcome to the third edition of our Sensory Service Newsletter. We hope you've managed to keep up with studies and are engaging with the work your schools are sending out. Remember to ask your Teacher of the Deaf if you need help. 😊



If you've remained in school all along, you may be wondering what all the fuss is about - but some students may find it hard to get back into that "School Mode".



If you've been largely nocturnal, now is the time to get back to waking up at school time. Have a decent breakfast and dress reasonably smartly. That way, you'll approach your schoolwork with a better attitude.



If you're worried about using your radio aid at school, don't panic! We have sent guidance to schools to help them handle equipment safely. You can help by being as independent as possible with your devices.



Summer Holidays may look a little different this year!

Remember to think about your own well-being. Keep making healthy choices, maintain contact with friends (whilst obeying any social distancing rules) and try to get out in the fresh air.

If you have exam results due, talk through any worries with trusted adults.



Social Media is a fabulous way to keep connected, but it can sometimes be a source of stress. It's important to keep your conversations safe and appropriate – always #BeKind. Reach out for help if something is upsetting you or getting out of your control.

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/14-plus/> will give you the chance to educate your parents and carers on the joys of Tik Tok & Live Streaming!



And if you're in learning mode, check back with BBC Bitesize – they've uploaded lots of new content you might find interesting.