

Senedd Cymru  
Y Pwyllgor Plant, Pobl Ifanc ac Addysg

Ymchwiliad i effaith argyfwng Covid-19 ar blant  
a phobl ifanc yng Nghymru

COV 52  
Ymateb gan: Unigolyn

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Welsh Parliament  
Children, Young People and Education Committee

Inquiry into the impact of the Covid-19 outbreak on  
children and young people in Wales

COV 52  
Response from: Individual

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To whom this may require - Senedd Children, Young People and Education Committee,

The thing most I miss is the ability to engage in schools and the ability to speak and talk to individuals around the school. This change is widely different from previous years: and is a big step up to advance technology. It can be easier working from home - however, can be frustrating.

In terms of mental health, my mental health has been fine during the coronavirus pandemic. I have talked to mental health charities during this pandemic as to how they are helping young people get through the coronavirus pandemic and how to help them, if struggles occur.

In terms of exercise, I use my daily once a day piece of exercise to go for a walk with my dog so he and I get fresh air and to continue to follow the Welsh Government guidelines.

I am constantly learning - I complete schoolwork each day to the joy of my teachers (who are fantastic). I am also a part of a Spanish/German class, which we now complete virtually every week. Adults are there to help me, however, I have the correct resources to complete work.

In terms of Welsh Government and the other devolved administrations - yes, but in terms of UK Government, no. I think the Welsh Government are better prepared than the UK Government on listening to young people and the people of Wales.

Mainly, I get information from the news and newspapers etc. They can't all be correct, as journalism proves, but I mainly listen to the news channels in the evening.

From teachers, I get some help. However, I rarely request help as I prefer to complete the task. I use textbooks and other online resources, if help is needed.

Kind regards and hope these answers are suitable to the survey.