

WELL-BEING NEWSLETTER

May 2020

PUPIL Issue 3



01. What is 'well-being'?
02. Information, guidance and updates
03. Support
04. Special features
05. Activities and resources
06. 'Here's one I tried earlier'

Welcome to the May issue of our 'Work Hard; Be Kind; Well-being' newsletter!

There'll be an issue of this newsletter at the end of each month until the end of this academic year (July).

This is your 'one stop shop' for information and resources to support your time out of school.

What is 'well-being'?

It's a term we hear a lot but what does it mean?

Dictionary definitions tell us that it's about comfort, health and happiness. Essentially, it's about our emotional as well as our physical health: keeping our minds and our bodies healthy!

Here's a short video which might give you some ideas about what 'well-being' means <https://www.youtube.com/watch?v=oSIWo5nxF2A> and another one with ideas for how you could develop yours: <https://www.youtube.com/watch?v=yF7Ou43Vj6c>. Aimed at children but applicable to adults, too!

Support

Directory:

- <https://www.childline.org.uk/>
- <https://www.annafreud.org/on-my-mind/youth-wellbeing/>
- <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

Special Features

Managing Our Thoughts – ideas from Rebecca Morgan-Jones

Things to consider and try

- If you are feeling slightly anxious or worried, what are you thinking? Write your thought down and then look for the evidence that they are false or true. Talk to someone about what you are thinking.
- Could you start asking yourself, is this thought pattern going to make me feel good? If not, find a way to get yourself out of it. Maybe, that's talking to someone.
- Try being 'in the moment' - stop and find three things you can see, three things you can hear and three things you can feel. Practice throughout the day.
- Try stopping and thinking of three things you can see in that very moment that you are grateful for. Practice this throughout the day.
- Try to talk to yourself in the same way you'd talk to a good friend. Often, we are very hard on ourselves.
- Be kind to yourself.

Guide to Coronavirus – The Children’s Commissioner – read it here:

<https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

Activities and resources

Amazon has cancelled the subscription of books and audio stories at 'audible' for children and students of all ages as long as schools are closed. All stories are free to stream on your desktop, laptop, phone or tablet via

<https://stories.audible.com/start-listen>

At 11am every morning, David Walliams reads from one of his books-

<https://www.worldofdavidwalliams.com/category/elevens/>

Use the packs from school and check out any additional resources on school's website to keep their learning going!

BBC Super Movers

KS1 - <https://www.bbc.co.uk/teach/supermovers/ks1-collection/zbr4scw>

KS2 - <https://www.bbc.co.uk/teach/supermovers/ks2-collection/zr4ky9a>

Maths Factor Carol Vordeman - <https://www.themathsfactor.com/>

Contact us

The main contact email to use for your school for general enquiries is office@victoriaprimarieschool.org.uk

