

WELL-BEING NEWSLETTER

April 2020

PUPIL Issue 2



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Welcome to the April 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



COVID-19 Lockdown: Children and Teenagers



Living in isolation is a new experience for all of us. None of us really know how to navigate or look after ourselves in this situation. Here are some tips to help you stay feeling good during this strange time away from your friends and daily routine.

See if any work for you and if they do, keep doing them.



Routine

Try to stick to some sort of routine while you are at home as this will make you feel more productive and it will help with your sense of well-being.



Sleep

A regular sleep pattern will improve mood, motivation and energy. Save a lie-in until the weekend.



Connection

Staying connected with your friends is really important during this time as it will make you feel a part of something. Remember stay connected with people who will make you feel good during this time.



Mindfulness

Mindfulness is an excellent tool to help us reduce feelings of anxiety and worry and it can increase our sense of happiness and well-being.



Feelings

Don't dismiss your feelings—they are valid and it's important that you express them. Find someone you can trust to talk to. You could also look at the link in the blog for some free support.



Limit listening to the news

Be aware of how many times you listen to the news in one day. Be mindful of when you listen to it, too, and how reliable the source of the news may be.



Stay active

Moving your body is essential to helping us feel great, both mentally and physically.



Breaks from social media and screens

Try and limit how much time you sit in front of a screen. A varied visual diet is essential for our happiness.



Nutrition and water

Fuelling our bodies with a variety of foods is essential to keep us feeling happy and energetic. Stay hydrated by drinking lots of water—when we are dehydrated it can really affect our mood.



Managing family situations

Respect each other's space and express calmly when you need time alone. Put yourself in others' shoes as parents/carers and siblings maybe struggling, too. Find calm ways to resolve conflict in the house.

Activities and resources

For all

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>

Primary

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/super-movers/ks1-collection/zbr4scw>

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

PE with Joe

Live every day at 9am – link to first session here -

<https://www.youtube.com/watch?v=Rz0go1pTda8>

Places you can visit online – you can access some of the world's most amazing and famous places, galleries and museums from your house! Links to suggestions for this week:

British Museum <https://britishmuseum.withgoogle.com>

National Gallery of Art, Washington D.C. <https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>

'Here's one I tried earlier'

This is where we share your ideas, tips and suggestions.

Design and make a pizza, research the nutritional value of content, work out how much each portion will cost, the origin of the ingredients you have chosen.

Nature cam network for animal lovers: <https://explore.org/>

Every day one member of the family sets a 20 question quiz on general knowledge and then the rest of us answer the questions. It's competitive fun and we are all learning lots of things we didn't know!!! Questions vary from historical, our planet, current affairs, Spanish phrases even the phonetic alphabet. It's such fun ! The topics are endless.

If you've got suggestions for 'Here's one I tried earlier', please email

Well-Being@novaeducationtrust.net

All ideas, tips and suggestions will be curated by our team and published anonymously. This could include: a recipe to try; suggestions for in-door sports and games; arts and crafts activities; ways in which you've used an activity or resource from this newsletter and your 'top tips' for doing it; any ideas that you've had from your experiences so far.