

KEEP CONNECT
LEARNING
BE ACTIVE
TAKE NOTICE
GIVE

The five ways to wellbeing

The current Covid-19 crisis is changing daily. This week our hope is to help you find a sense of calm amongst all the uncertainties. We will share our top tips to help adjust to these unsettling times.

Welcome to edition 11 of The Weekly Wellbeing Toolkit. We currently find ourselves in a space to reflect on inclusive needs of society. We need to help highlight the importance of supporting others to cherish and preserve the ethnic and cultural diversity that nourishes and strengthens our school communities.



This week we will be focussing on Diversity



The Importance of Diversity in the Classroom

- Promotes Student Growth & Reflection. ...
- Fosters a Sense of Empathy and Awareness...
- Brings About Open-Mindedness and New Perspectives. ...
- Supports Mindfulness and Tolerance. ...
- Allows Students to Feel Unique, Yet Part of a Group. ...
- Prepares Students for Diversity in the Workplace.

For staff



SCHOOLWELL offer a range of support throughout the Coronavirus, click here: [RESOURCES FOR WELLBEING AND MENTAL HEALTH IN SCHOOLS](#)

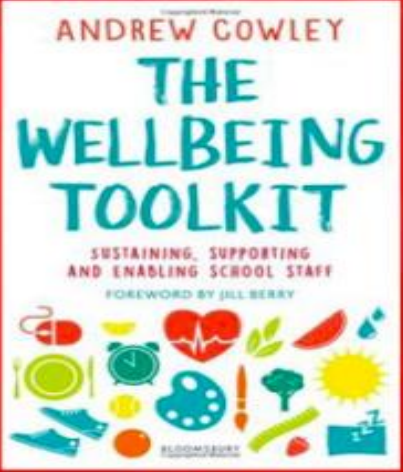
The image shows two overlapping resource pages. The left page is titled 'What can schools do to help in tackling racism?' and features a colorful geometric graphic. The right page is titled 'Let's Talk About Race' Online Training and includes a list of objectives and a speaker biography for Professor the Lordie, Professor of Race and Education at Leeds Beckett University. A small portrait of Professor the Lordie is visible on the right page.

Race & Diversity!

Alliance for Learning is keen to keep the conversation going around tackling racism. Some useful resources for you here : <http://allianceforlearning.co.uk/wp-content/uploads/2020/06/Alliance-for-Learning-Race-Diversity.pdf...>

For Staff

The Wellbeing Book Club



ANDREW COWLEY
THE WELLBEING TOOLKIT
SUSTAINING, SUPPORTING
AND ENABLING SCHOOL STAFF
FOREWORD BY JILL BERRY

#ReadWellbeing

Your #ReadWellbeing Book #1 is 'The Wellbeing Toolkit' by Andrew Cowley @andrew_cowley23. Read. Discuss. Ask. Share. Enjoy. Embrace. #VOW #YourVoiceMatters

The Wellbeing Book Club has launched this week. Sign up here [@VoicesofWB on Twitter](#) #ReadWellbeing #VOW #YourVoiceMatters

For Staff



The fabulous Tina Rae is offering FREE CPD Sessions in her Coffee time series, These are now uploaded to YouTube. The focus is on using tools from Positive psychology to build resilience. Do share. <https://youtu.be/f-8JirSkRc> #mentalhealth #wellbeing #positivepsychology #resilience

For Students

Mental and Emotional Wellbeing

These are some links that you might find useful to support your emotional wellbeing

- **Mental Health Foundation** - <https://menorg.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak> - practical tips to stay in good mental health whilst we stay at home.
- **See me** - <https://www.seemescotlaorg/young-people/resources/> - resources for young people and adults to promote the importance of talking about mental health and providing resources to facilitate this.
- **Mind** - <https://www.minorg.uk/information-support/for-children-and-young-people/understanding-my-feelings/> - information for young people about their emotions and feelings and how to seek the help needed.
- **Childline** - <https://www.childline.org.uk/info-advice/> - practical advice and support for children and young people on a range of topics affecting their health and wellbeing.
- **Headspace** - <https://www.headspace.com/> or App
- **Calm** - <https://www.calm.com/> or App

For Students

LAXEY AND DHOON FEDERATION

We have missed you!
How are you?

How I feel about returning to school:

Life at home. Share 3 happy things:

Here is a picture of me

Things I found difficult in lockdown:

Is there anything I need help with for my return to school:

Things I missed about school:

My name:

I am worried about...

A rainbow illustration is located at the bottom center of the page.

This is a great sheet for students to fill in at home to help them consider how they feel about the lockdown and about us slowly coming out of it. If students choose to fill this in and it highlights anything they are worried about or they feel they need help with, please let us know and we can put in support where it is needed.



Click here to join Andrew Cowley for UK
EDUSTORIES [_youtube.com/watch?v=CEgt0p...](https://www.youtube.com/watch?v=CEgt0p...) #EduChat

Virtual Day Trip The Vatican Museums



[Take your tour here.](#)



Free Daily Resources For Children



PE with Joe Wicks On YouTube

Week days at 9am but you can visit any time on youtube to view the workout.

Wildlife With with Steve Backshall On Facebook

Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.



Science with Maddie Moate on YouTube

Weekdays 11am. Maddie & Greg chat about science and nature!

Dance with Oti Mabuse On Facebook

Every day at 11.30am but children can view the class at any time.



Maths With Carol Vorderman

Free access to the her maths website:
www.themathsfactor.com

Music with Myleene Klass on YouTube

Twice a week. Next one Friday 27 March 10am, but can view any time.



Storytime With David Walliams

Free story everyday at 11am on his website:
www.worldofdavidwalliams.com

Summer Pudding

This simple pudding makes the most of fresh summer berries and is delicious chilled in the fridge overnight.

Ingredients

- 300g strawberry
- 250g blackberry
- 100g redcurrant
- 500g raspberry
- 175g golden caster sugar
- 7-10 slices day-old white bread, from a square, medium-cut loaf, crusts removed

Put sugar and 3 tbsp water into a large pan. Gently heat until sugar dissolves – stir a few times. Bring to a boil for 1 min, then tip in the fruit (not strawberries). Cook for 3 mins over a low heat, stirring 2-3 times. The fruit will be softened, mostly intact and surrounded by dark red juice. Put a sieve over a bowl and tip in the fruit and juice.

Line the bowl with cling film and prepare the bread: Line the 1.25-litre basin with cling film as this will help you to turn out the pudding. Overlap two pieces of cling film in the middle of the bowl, leaving the edges overhanging by about 15cm.

Dip the whole pieces of bread into the juice to coat. Push this into the bottom of the basin, then line the rest of the basin until the top is reached. Spoon in the softened fruit, adding the strawberries here and there as you go. Seal with the remaining bread.

Bring cling film up and loosely seal. Put a side plate on top and weight down with cans. Chill or overnight. To serve, open out cling film then put a serving plate upside-down on top and flip over. serve with leftover juice, any extra berries and cream.

Book Recommendations

- **Wellbeing:**

- 10% Happier by Dan Harris - After having a very public panic attack, Harris knew he had to find a way to live better, and came to meditation as a complete newbie. 10% Happier details all the ways the practice helped him, as well as delving into the very real neuroscience of it all.

- **Adults:**

- Stand By Me by S.D. Robertson - Lisa and Elliot have been best friends ever since the day they met as children. Twenty years later, life has pulled the pair apart and Lisa is struggling. when Elliot knocks on the door she can't help but be delighted to see her old friend again.

- **Children:**

- A Pinch of Magic by Michelle Harrison – Three sisters trapped by an ancient curse. Three magical objects with the power to change their fate. Will they be enough to break the curse? Or will they lead the sisters even deeper into danger?

Last but not least, here is our weekly CLL quiz.

The Kahoot for this Week:

https://kahoot.it/challenge/03792518?challenge-id=67d6d8a2-6693-48e1-bc4a-3e38818bc1ff_1593087810189

Pin: **03792518**

The leader board for the last week is:

Rank	Team Name	Score
1	Millie's	7,009
2	Smith's	6,442
3	Team B	4,692