

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 12 of The Weekly Wellbeing Toolkit this week we will be focussing on the importance of communication. Lockdown has forced us to be creative around the ways we connect with others.



This week we will be focussing on Communication



Top Tips for Effective Communication

- **An intention for connection.**
- **Listen more than you speak.**
- **Understand the other person first.**
- **Understand needs, wishes and values.**
- **Begin with empathy.**
- **Take responsibility for your feelings.**

For Everyone



[@Amazing_Schs](https://twitter.com/Amazing_Schs) are supporting educators, pupils and their families throughout COVID-19. They have some marvellous resources and you can pop over to <http://amazinpeopleschools.com> to check out even more.

For Everyone



MENTAL HEALTH MATTERS!

Across the nation lockdown is beginning to ease in different ways and at different times. As we begin to come out of lockdown many of us are faced with both challenges and opportunities.

Many of us may find even these longed-for changes difficult for our mental health. The idea of coming out of lockdown when the scientific debate is ongoing may also be worrying for those of us who are more at risk from the virus or living with mental health problems.

If you are struggling with overwhelming thoughts and feelings, help is available at [The Mental Health Foundation](#)

For staff

A Picture Speaks a Thousand Words



When you look at this picture, how does it make you feel?

The Education Support counselling team are here to support anyone who works in education: 08000 562561. Don't wait for a [#mentalhealth](#) crisis to develop before you call.



For Students



- The Anna Freud Centre 'On My Mind'
- The free digital resources are designed for use by children and young people between the ages of 10 – 25. These may be young people who are thinking about looking for support, who may be receiving or waiting to receive support or for those the traditional offer does not appeal to or has not worked for and who want help and information about self-managing their own mental health and wellbeing.
- Check out their resources [Here](#)



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 Staff



Thanks to Steph for suggesting this article for the Newsletter: Winston's Wish is a fabulous children's charity that supports children and families that have experienced bereavement due to the death of a parent or a sibling. They have offered support to schools throughout the lockdown and also offer advice on separation anxiety and other emotional wellbeing issues caused by lockdown. I can not recommend them enough. They also offer free courses to school staff at the moment.

[Link to article on separation anxiety and bereavement during lockdown](#)

For Parents



Ian Gilbert at Independent Thinking held an important conversation about going back to school with a focus on SEND and well-being with Nina Jackson [@musicmind](#) and SEND specialist Lorraine Petersen [@Lorrainep1957](#) from their [#WhatNowWeek](#) collection.

See the video here: <https://youtu.be/HBBDqmY2AXo>



Online Learning Tips - How to survive
Thank you for sharing these great tips [Lisa fathers](#)
FCCT@lisafathersAFL



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

Virtual Day Trip
Visit the Great Wall of China here
[Without Leaving Your Sofa](#)



Salad Nicosse

Ingredients

- 450g/1lb fresh tuna or 4 x 175g/6oz tuna steaks, 2.5cm/1in thick
- 8 new potatoes, cooked and quartered lengthways
- 4 plum tomatoes, roughly chopped
- 115g/4oz extra fine French beans, topped, cooked and drained
- 4 little gem lettuce hearts, quartered lengthways
- 1 red onion, finely sliced
- 4 eggs, cooked for 6 minutes in boiling water from room temperature, halved
- 6 anchovy fillets cut lengthways into thin strips
- 16 pitted black olives in brine
- 8 basil leaves, ripped

For the dressing or marinade

- 105ml/7tbsp extra virgin olive oil
- 3 tbsp aged red wine vinegar
- 2 tbsp freshly chopped parsley
- 2 tbsp freshly snipped chives
- 2 garlic cloves, peeled and finely chopped
- 1 tsp salt
- 1 tsp ground black pepper



Method

- 1.To make the dressing or marinade whisk together the red wine vinegar, olive oil, parsley, chives, garlic, salt and pepper.
- 2.Place the tuna in a shallow dish and pour over half of the dressing. Cover and chill for 1-2 hours to allow the fish to marinate. Toss in the marinade from time to time.
- 3.Heat a ridged griddle pan on the hob or a hot barbecue for 5 minutes. Remove the tuna from the marinade. Cook the tuna steaks for 2-3 minutes on each side, depending on how rare you like your fish.
- 4.Lay the lettuce leaves onto a large plate and add the lettuce, onion, tomatoes, potato, tuna, beans and anchovies. Drizzle over the remaining dressing then finish by adding the eggs, olives and ripped basil leaves.



Book Recommendations

- **Wellbeing:**

- RHS Your Wellbeing Garden: How to Make Your Garden Good for You by The Royal Horticultural Society - *Your Wellbeing Garden* presents both the science behind gardening therapy and the practical ways you can boost your mood with the healing presence of plants – whether in a garden, a balcony or your windowsill.

- **Adults:**

- The Five: The Untold Lives of the Women Killed by Jack the Ripper by Hallie Rubenhold - *The Five* tells an engrossing group biography of Victorian womanhood, blighted by poverty and powerless against casual and constant abuse. A crusading book that aims to give voices to those silenced so brutally by a vicious killer.

- **Children:**

- The Ballad of Songbirds and Snakes: A Hunger Games Novel by Suzanne Collins - a compelling new saga that both informs the original trilogy and stands alone as a powerful, breathlessly exciting fantasy thriller. Utterly unmissable.

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

The Kahoot for this week

https://kahoot.it/challenge/03774396?challenge-id=67d6d8a2-6693-48e1-bc4a-3e38818bc1ff_1593779394203

Pin: 03774396

The leader board for the last week is:

<u>Position</u>	<u>Team Name</u>	<u>Score</u>
1	SLS's	8,691
2	Esmee	7,343
3	Jake Ven	6,475