

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 13 of The Weekly Wellbeing Toolkit. The wave of social solidarity we have seen sweep across the country in recent months throughout the coronavirus pandemic makes us feel proud. This community spirit, is something we feel is rooted in our school communities and we want to celebrate that.



This week we will be focussing on Community

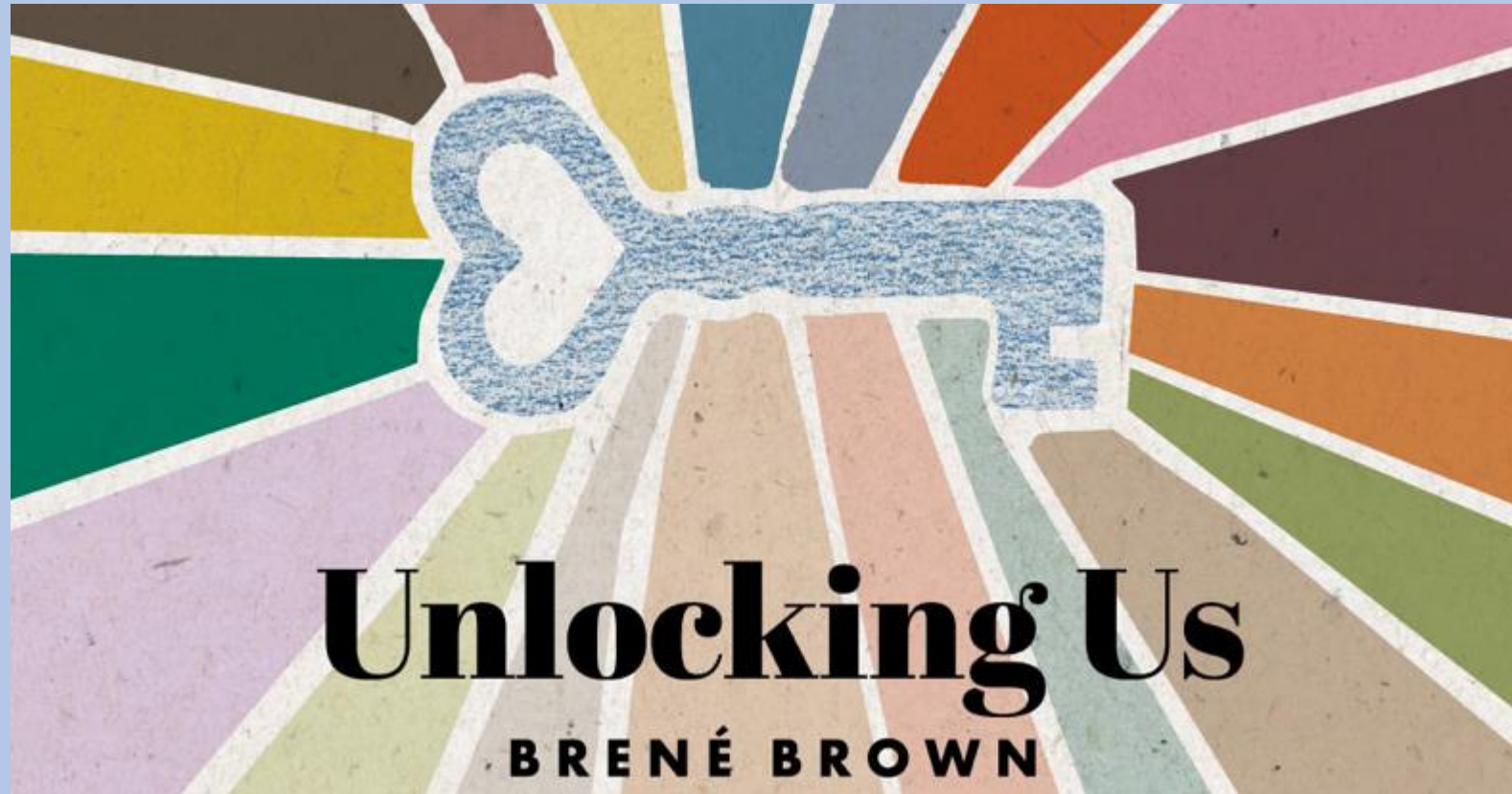
For Everyone



Talk To Us is our annual awareness-raising campaign

Samaritans are challenging the UK to become better listeners by sharing expert tips on how to be a better listener. Throughout July, Samaritans branches are also holding events throughout the UK and Ireland to raise awareness of the services they offer in their local communities. Visit your local branch website to see what they're doing during Talk To Us.

For Everyone



Join researcher and #1 New York Times best-selling author Brené Brown as she unpacks and explores the ideas, stories, experiences, books, films, and music that reflect the universal experiences of being human, from the bravest moments to the most broken hearted.

[Introducing: Unlocking Us Podcasts](#)

For staff

Great tips to create a work life balance from [Voices of Wellbeing](#)



#ManicMonday - Tips from Voices of Wellbeing



- Take time to prioritise all your tasks and delegate where necessary.
- Make your system one that is manageable and allows you to celebrate each task you complete.
- Don't let others take your time when you have set aside a slot for working
- Take regular breaks. Drink more water rather than tea or coffee.
- Don't get angry or upset if you're not able to achieve everything on your list.
- Be kind to yourself.

#YourVoiceMatters #VOW

For staff



Download the
Mentally Healthy
Schools toolkit:
managing
transitions

The graphic features a blue background. On the right, a white wavy line starts from a purple house icon at the bottom and leads to a red school building icon at the top. In the bottom right corner, there are two logos: 'MENTALLY HEALTHY SCHOOLS' and the 'Anna Freud National Centre for Children and Families' logo.

MENTALLY
HEALTHY
SCHOOLS

Anna Freud
National Centre for
Children and Families

Transitions to new classes and schools will be more difficult for students due to Coronavirus. Check out these resources to help students from [Mentally Healthy Schools](#)

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 Parents

In 3 words: When my child grows up I want them to be.....



At present the Coronavirus is the cause of much anxiety and concern for young people and families. Here are some resources designed to help cope with such stress and uncertainty at this time.

[CAMHS Resources](#)

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 Kew Gardens



[Take Your Trip Here](#)

Ceasar Salad

• Ingredients

- 2 boneless, skinless chicken breasts
- 1 tsp sunflower oil
- 1 romaine lettuce hear
- 10 cherry tomatoes, halved
- 2 slices of ciabatta bread, each about 1.5cm thick (15g a slice)
- flaked sea salt
- freshly ground black pepper

• Dressing

- 2 anchovy fillets in oil, drained and roughly chopped
- 1 garlic clove, peeled and roughly chopped
- 2 tbsp light mayonnaise
- 1 tsp lemon juice
- 15g Parmesan cheese, finely grated
- 2½ tbsp cold water



•Method

- To make the dressing, put the anchovy fillets in a pestle and mortar, add the chopped garlic clove and pound into a paste. Add the mayonnaise, lemon juice, Parmesan and water and stir well to make a pourable dressing
- Place a chicken breast between 2 sheets of cling film and bash it with a rolling pin until the chicken is about 1cm thick. Bash the other chicken breast in the same way, then season the breasts on both sides with a little salt and plenty of black pepper.
- Dip a pastry brush in the oil and brush over the base of a large nonstick frying pan. Place the pan over a medium heat, add the chicken and cook for 2 minutes. Turn the breasts over and cook for 2–3 minutes on the other side until nicely browned and cooked through. Remove from the heat and leave the chicken in the warm pan to rest.
- While the chicken is cooking, make the salad. Separate the lettuce leaves and wash and drain them well. Tear any large leaves into smaller pieces. Arrange the lettuce in a large serving dish and scatter over the tomatoes. Toast the slices of ciabatta and tear them into bite-sized pieces.
- Put the cooked chicken breasts on a board and cut them into thick strips. Scatter these over the lettuce and tomatoes and toss everything together lightly. Spoon over half the dressing and serve while the chicken is warm. Fantastic!



Book Recommendations

- **Wellbeing:**

- The Little Book of Positivity: Helpful Tips and Uplifting Quotes to Help Your Inner Optimist Thrive by Lucy Lane - This book of inspiring quotations and simple, easy-to-follow tips provides you with practical advice on thinking positively and achieving a more balanced attitude to life.

- **Adults:**

- Mythos: The Greek Myths Retold by Stephen Fry - Mythos captures the extraordinary Greek myths for our modern age - in all their dazzling and deeply human relevance.

- **Children:**

Great Goddesses: Life lessons from myths and monsters by Nikita Gill - Wonder at Medusa's potent venom, Circe's fierce sorcery and Athena rising up over Olympus, as Nikita Gill majestically explores the untold stories of the life bringers, warriors, creators, survivors and destroyers that shook the world - the great Greek Goddesses.

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

The Kahoot for this week

The Kahoot link is:

https://kahoot.it/challenge/04323853?challenge-id=67d6d8a2-6693-48e1-bc4a-3e38818bc1ff_1594368287381

Pin: 04323853

The leader board for the last week is:

Rank	Team Name	Score
1	Jake V	13,492
2	Mummy F	13,483
3	Olivia M	10,825
4	Sarah E	10,450