

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.

We are now heading towards the sixth week of lockdown, how are you coping right now? Know that whatever you are feeling is perfectly normal #BeKind to yourself. This week we will be looking at the power of connection.

This week we will be focussing on **TAKING NOTICE**

## For Everyone



Taking Notice isn't just the act of looking at our surroundings, but also the act of looking from within..

- **Be curious, catch sight of the beautiful. Remark on the unusual.**
- **Notice the changing seasons, the birdsong, the silence and the clarity of the stars.**
- **Savour the moment, whether you are walking or eating lunch or talking to friends.**
- **Be aware of the world around you and what you are feeling.**
- **Reflecting on your experiences will help you appreciate what matters to you.**
- **Notice the kindness of others**

# For Everyone



*Check in on a loved one with a Give and Cake catch-up*

In the past couple of weeks; our worlds have turned upside down. Being in isolation has created new challenges, including being away from our friends and family. This time is especially hard and confusing for young people and parents.

But no one should have to go through this alone. We're all in this together and there are still so many ways to be there for your friends and family, whether it's virtually, or at home.

Give and Cake is your opportunity to check in on someone you care about, take a moment for some vital self-care, and donate what you might have spent on a coffee and cake outing to YoungMinds.

Click on the link here [Give and Cake](#)

**We are in this together. Resources for the whole family to share; separating facts from fiction.**  
[Click here.](#)

## For Students



### **Be More Amazing!**

**Supporting students to develop the skills and characteristics they need to thrive.**

Learn innovative ways to teach children about key characteristics - perseverance, resilience, kindness, optimism and more. For FREE access to these interactive storyworld and [#teachingresources](https://twitter.com/teachingresources) please visit: <http://amazingpeopleschools.com>

The logo for 'NSPCC Learning' is displayed on a white background. 'NSPCC' is written in a large, bold, green sans-serif font, and 'Learning' is written below it in a smaller, green sans-serif font with a registered trademark symbol.

### **Making sense of relationships**

NSPCC have worked with the [PSHE Association](https://www.pshe.org.uk/) to create lesson plans for children aged 10-16 (key stages 2-4) on personal safety and healthy relationships.

[NSPCC Learning Resources](https://www.nspcc.org.uk/learning-resources/)

## For Parents



Adele Bates is a TED X speaker and Forthcoming Author . Here is her Blog on Homeschooling for children with behaviour needs [Click here for the link.](#)

For staff



Dr Pooky Knightsmith is offering lots of high quality FREE online courses.

[Click on the link here for this week's course:](#)



Lucy Wyndham-Read is offering great ideas for both indoors and outdoors exercises. These are simple short sessions to help keep your mind and body healthy through the Coronavirus lockdown.

[Get Active here](#)



# Virtual Day Trip

## Central Park New York

We may not be able to travel at the moment but don't let that stop you from exploring some amazing places around the world.



# 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](http://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](http://www.worldofdavidwalliams.com)



# Eco News! What to do with.... Wild garlic

Wild food foraging – finding  
and using wild garlic...

On your daily exercise walks, you may have noticed lots of wild garlic in the woods nearby.

It smells delicious and there are many things you can make with it!

This week, why not try a new recipe. You can use normal cloves of garlic from a supermarket instead if you can't find any wild garlic!



Miss Beaver has been foraging on her daily walk...

## ***Wild garlic houmous recipe***

You will need: 1 x can of chickpeas, 1 lemon (juice and half zest), 2tbsp olive oil, salt, wild garlic leaves and bulbs (or 4 cloves).

Put all of your ingredients in a food processor and whizz it up! For a healthy snack, use the houmous as a dip for carrots and peppers.

# The Benefits of a Daily Walk

**It's really important that we all get some form of exercise completed as part of our day.**

**A lovely walk for 45mins to an hour is a great way to unwind and relax after or before a day of working or studying from home.**

Walking every day can have amazing health benefits for us!

- walking can give you a mental boost, it gives you time to think things through and 'blow the cobwebs away'
- It improves our overall fitness and bone strength
- It is great for our imaginations! Feel like you've 'hit a wall' with ideas or struggling with motivation? Take a short walk and things will become clearer.
- It improves your mood and relieves anxiety. A regular stroll from the door, even if it's just round the block, will help you feel calmer and ready for the day ahead.
- You will notice things you haven't noticed before. Try doing the same walk but one day in the early morning and the next time at night, perhaps at sunset. Take pictures and compare.
- It can help you sleep. Studies show that regular walking aids more restful sleep.
- Hearing the wildlife and the sounds of the world waking up as you're walking is wonderful. But if you prefer to listen to a podcast or music you can search for a relaxing playlist to listen as you walk.





**Recipe corner:** This week's recipe for Rocky Road was sent us by Mrs Morgan who has also been doing some amazing baking with students in school this week.

## Ingredients

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### For the Rocky Road...

400g White Chocolate

1 Jar of Smooth Biscoff Spread

125g Mini Marshmallows

125g Lotus Biscuits

100g Caramel/Toffee Popcorn

50g Butter

### For the Topping...

30g Broken Lotus Biscuits

## Method

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- 1.** Line a square 20cm baking tin with parchment paper.

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- 2.** In a large heatproof bowl, melt the chocolate, biscoff spread and butter over a pan of simmering water.

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- 3.** Chop the biscuits into small pieces and add this to the mixture, along with the marshmallows and popcorn.

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- 4.** Mix all the ingredients and pour into the tin. Then top with the chopped biscuits and leave to chill in the fridge overnight.

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- 5.** Slice into squares and serve!

## Book recommendations

This week's book recommendations have come from Mr Dunbar.

### **Wellbeing:**

Lockdown: The Family Survival Guide – G M Hepburn.

Hepburn gives you tips on how to survive and thrive during the lockdown focusing on reinvigorating mealtimes, surviving home-schooling, creating fun weekends and coming out stronger.

### **Adults:**

Middle English – Jonathan Coe

In the Midlands, Benjamin Trotter tries to help his aged father navigate a Britain that seems to have forgotten he exists. In London, his friend Doug doesn't understand why his teenage daughter is eternally enraged. Meanwhile, newlyweds Sophie and Ian can find nothing to agree on except the fact that their marriage is on the rocks.

### **Children:**

Asha & the Spirit Bird – Jasbinder Bilan

An adventure set in contemporary India. Asha is guided by a majestic bird which she believes to be the spirit of her grandmother. Together with her best friend, Jeevan, she embarks on a journey across the Himalayas to find her missing father and to save her home.

Last but not least and back by popular demand: Our weekly CLL quiz.

Here is the link and pin for this week's quiz.

[https://kahoot.it/challenge/04712995?challenge-id=67d6d8a2-6693-48e1-bc4a-3e38818bc1ff\\_1587648013135](https://kahoot.it/challenge/04712995?challenge-id=67d6d8a2-6693-48e1-bc4a-3e38818bc1ff_1587648013135)

PIN: 04712995

This is a nice idea for the whole family to take part in. It is topical questions taken from events from the previous week.

Here is last week's leader board. Congratulations to our top three families.

<b><u>Rank</u></b>	<b><u>Team Name</u></b>	<b><u>Points</u></b>
1	Mrs Sarge	7478
2	Team BH	7214
3	Team Freer	3238