

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 seventh week of lockdown, how are you coping right now? Know that whatever you are feeling is perfectly normal #BeActive. This week we will look at how being active can help us through lockdown.

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This week we will be focussing on **Being Active**

For Everyone



Keeping active doesn't mean simply doing PE with Joe Wicks every morning, though he is doing an amazing job. Being active benefits our physical and mental health by releasing endorphins; the happy hormone.

- Try to find a regular time each day as part of a routine for managing during lockdown.
- Choose activities you can complete alone or with your family that respect social distancing.
- Being outside and appreciating an open vista works wonders for our mental wellbeing.
- Gardening is as good an activity as running or cycling. In spring, there is plenty of digging to be done.

For Everyone

Home exercise: The eight exercises you can do while stuck in lockdown.

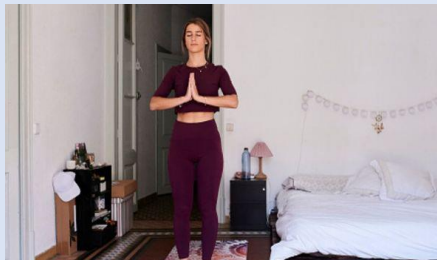
Home exercise is going to be a challenge for super-fit gym-goers since gyms are closed and movement outside is limited, but you can still burn just as many calories at home.

1. Walking or running. If you need some motivation download an Ap like couch to 5K.



2. Fitness DVDs. Ah, the humble fitness DVD. From Davina to Zumba there are loads of guided workout DVDs to choose from

3. Gardening. Did you know that mowing the lawn burns up to 280 calories an hou



4. Yoga. Yoga is great for the mind and body and you hardly need any space to practise.

5. Dancing Working out doesn't need to feel forced. If you love to boogie on the dance floor, dancing is a great way to get your heart rate up and burn some calories. Stick on your favourite album or create a playlist of your favourite songs and get moving!



6. Apps

Go onto the app store and type in 'Fitness App', and you'll be bombarded with options. Most of these innovative apps will let you have a free trial for a couple of weeks or a month, so you can try out as many as you like without committing to paying a fee.



7. Cleaning

During the outbreak, it's important that we keep everything at home squeaky clean... but did you ever think about the fitness benefits?

Cleaning your home is a great workout, and you can burn up to 190 calories on a tough job like scrubbing away dirt and grime.

Mrs Felstead's journey from Couch to 5K



So it started as a way to maintain my routine. I thought I could do a “Couch to 5k” session in the time that I would normally be driving to or from work. I know, strange isn't it? The woman who last ran after a hockey ball when she was at university, starting running! The 24th March, that's when I started and I decided to post a photograph to Facebook to show my friends what I was doing, little did I realise that I would get 66 likes! Every time I ran I posted a photo and by day 6 was beginning to worry that I was boring people and apologised. I never expected the response I got. Comments like “We're starting Monday so thank you for inspiring”, “you've inspired me to get running again this week!” and “loving the posts!! It's almost encouraging me to go for a run. Keep going I might go for one next week!” It seemed I had developed a bit of a Facebook following, a virtual world willing me to succeed, rooting for me to

overcome any difficulties and, yes, I bit of pressure to ensure I kept going. Friends who are “proper” runners commenting about how proud they are of me lifted my spirits on days that I found difficult. As I write this I will be going out for my 18th run (of 27) later today and I cannot believe how far I have come. From day 1 when I could only run for a minute at a time to day 17 when I did 2 ten minute runs. I find myself looking at running trainers online and thinking about registering to take part in Shrewsbury's Park Run (after lockdown, of course), how things have changed! What started as a way to stick to a routine has, oddly, started conversations, inspired others and become a vital part of my “lockdown” week. And, yes, I do enjoy it 😊

HOW STUDENTS CAN SUPPORT EACH OTHER'S MENTAL HEALTH DURING LOCKDOWN



Be there for each other. If a friend needs extra support try and support them to find it



Engage in a relaxation or meditation activity each day which you can all be part of online



If a friend is struggling demonstrate care and compassion



Identify things you have found helpful and share with each other



Schedule a time each week where you can all connect and catch up on what you have done



Identify some self care activities that you can all engage with



Make sure you check in with each other on a regular basis and see how everyone is doing



Work through homework tasks together online. A great way to to maintain relationships and stay in contact



Engage in some group online exercise. This can help boost mood and reduce stress and anxiety



Encourage each other to stay connected and to engage in regular activities that provide a sense of pleasure and achievement. Schedule these activities into a weekly diary and share with each other



@BELIEVEPHQ



**British
RedCross**



Over the coming weeks we'll be sharing **new resources** for children and young people (aged 7 to 18) to do at home during the coronavirus crisis.

All the free, online activities will be linked to the [kindness calendar](#) and will:

- encourage simple acts of kindness
- build resilience
- connect the whole family and the community
- have creative and quick ideas for learners
- cover topics including first aid, preparedness, wellbeing and empathy

We'd love it if you could share activities with parents. Or they can [sign up](#) for email updates themselves.

New activities will be emailed over the weekend ready for the week ahead. Or you can visit our dedicated [coronavirus teaching resource page](#).

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](#)

HOW CAN TEACHERS LOOK AFTER THEIR MENTAL HEALTH

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RELATIONSHIPS
Connect and develop with colleagues. Get to know who you are working with



COPING SKILLS
Spend time to develop some coping skills such as thought challenging and cognitive restructuring



SELF CARE
Look after yourself. Make sure you are getting plenty of sleep and eating a well balanced diet



EXERCISE

Exercise is a great way to boost mood and reduce stress and anxiety



SUPPORT

If you are struggling don't be afraid to ask for help



BREAKS

Take a break. Know your limits and give yourself a break from marking at home



PRESSURE

Reduce the amount of pressure you put on yourself. Strive for progress not perfection



RELAX

Slow down. Learn to breathe properly and take time to relax

TALK

Don't be afraid to speak to friends or family if you are struggling with things



WORKLOAD

Stay on top of things and try to stay organised throughout the week



Wellbeing tips for school support staff

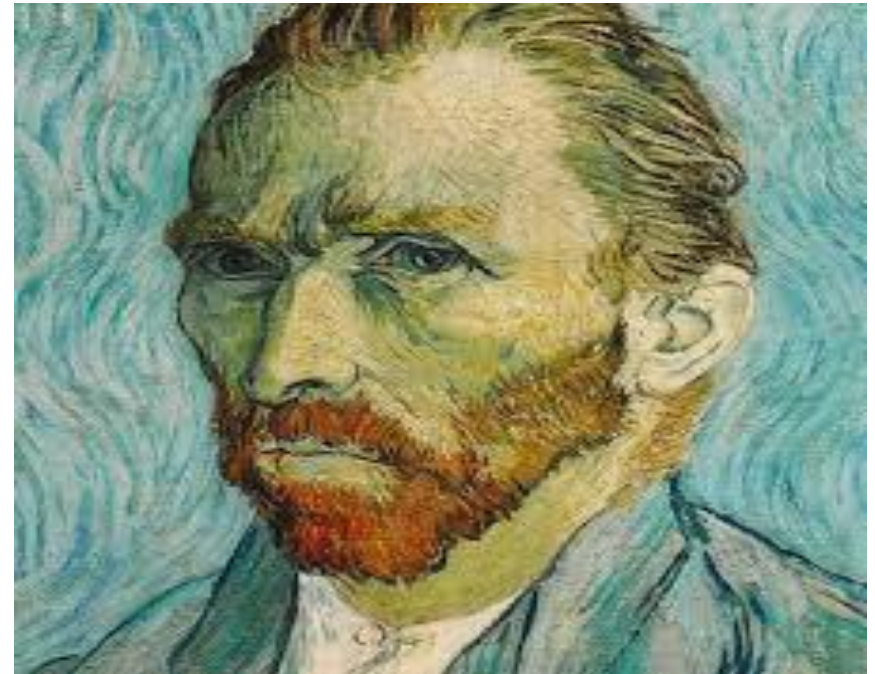
At a time like this, it can be hard to focus on your own wellbeing as well as the wellbeing of your pupils, colleagues and family. But it's important to remember to look after yourself and find support during this uncertain time. Here are some tips that can help:

1. If you start working from home, try and keep a **healthy work schedule** which includes lunch, breaks and a reasonable log-off time. Keeping parts of your normal routine can be helpful like eating breakfast and getting dressed into (comfortable) working clothes.
2. **Keep in contact with your colleagues** as much as possible. It can be easy to feel isolated when working from home, so try and schedule in video calls and check-ins with your team, even if it's just to have a tea and a chat.
3. **Be reassured** that this intensely difficult time will change and will be replaced by a different perspective. Read our [advice on coping with self-isolating](#) and share with young people you know.
4. **Stay active**. If it's safe to go for a walk or jog outside, getting some fresh air can be a great way to unwind. There are also lots of activities you can do from home like yoga, weights, pilates and gardening. You can find lots of classes on YouTube.

Virtual Day Trip

Van Gogh Museum, Amsterdam

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.



[Take the 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

Recipe corner: One of this week's recipes, for Katsu Curry was sent us by Mrs Paginton.

Katsu curry

- 2 carrots
- 2 onions
- 5 cloves garlic
- Table spoon curry powder
- 4 tbsp soy sauce
- Tbsp sweetener
- Tbsp tomato puree
- 600 ml chicken stock
- 5 chicken breasts
- 100g Panko breadcrumbs
- Chop and sauté all of the vegetables and garlic
- Add the soy, curry powder, sweetener, stock and tomato purée
- Simmer for 30 mins or until carrots cooked through
- Coat chicken breasts with bread crumbs and cook in the oven for approx 30 minutes at 180 degrees
- Blend sauce to a smooth consistency
- Serve over the chicken and with rice and broccoli

This recipe for Flapjack was sent in by Mrs Naylor with a fabulous picture of the finished result when she made this with her family. I tried this one at home and it was delicious!

- 250g margarine
- 250g sugar
- 175g golden syrup
- 425g porridge oats
- 100g white choc chips (optional)



- Preheat oven to 180 C. Grease shallow baking tin 27cm x 17cm.

- In a large saucepan add margarine, sugar and syrup. Gently heat until margarine is melted. Remove from heat and stir in oats until they are evenly coated. If adding white chocolate chips stir them in now. Turn into baking tin and press down a little. Bake for 25 minutes. Leave in tin until almost cold.

Book Recommendations

- For Wellbeing:
- Calm by Fearne Cotton
- To follow up to Happy: in today's always-on world, for many of us it seems impossible to relax, take time out or mute the encircling 'noise'. It is easy to feel trapped in this frenzied state of mind: we are surrounded by negative stories in the press, weighed down by pressures from work, family life or school and subject to constant scrutiny under the all-seeing eye of social media.

- For Adults:
- Touching the Void by Joe Simpson
- Touching the Void is the heart-stopping account of Joe Simpson's terrifying adventure in the Peruvian Andes. He and his climbing partner, Simon, reached the summit of the remote Siula Grande in June 1995. A few days later, Simon staggered into Base Camp with news that Joe was dead. What happened to Joe, and how the pair dealt with the psychological traumas that resulted when Simon was forced into the appalling decision to cut the rope, makes not only an epic of survival but a compelling testament of friendship.
- For Children:
- The Boy at the Back of the Class by Onjali Rauf
- Told with heart and humour, The Boy at the Back of the Class is a child's perspective on the refugee crisis, highlighting the importance of friendship and kindness in a world that doesn't always make sense.
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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/03045355?challenge-id=67d6d8a2-6693-48e1-bc4a-3e38818bc1ff_1588250536576

Pin: 03045355

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 four families.

Position	Team Name	Points
1	Team S	13303
2	System_shocker0	9464
3	Team N	8752
4	Aver-Howdle	7678