

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



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

For Everyone



ACTION CALENDAR: MEANINGFUL MAY 2020

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe

4 Focus on what you can do rather than what you can't do

5 Send friends a photo of a time you all enjoyed together

6 Take a step towards one of your life goals, however small

7 Let someone you love know how much they mean to you

8 Set yourself a kindness mission. Give your time to help others

9 Look out for positive news and reasons to be cheerful today

10 Tell someone about why your favourite music means a lot to you

11 What are your most important values? Use them today

12 Be grateful for the little things, even in difficult times

13 Today do something to care for the natural world

14 Show your gratitude to people who are helping to make things better

15 Find out about the values and traditions of another culture

16 Look around you and notice five things you find meaningful

17 Take a positive action to help in your local community

18 Hand-write a note to someone you love and send them a photo of it

19 Find a way to craft what you are doing to give it more meaning

20 Reflect on what makes you feel really valued and appreciated

21 Share photos of 3 things you find meaningful or memorable

22 Ask a loved one or colleague what matters most to them and why

23 Share an inspiring quote with others to give them a boost

24 Do something special today and revisit it in your memory tonight

25 Give your time to help a project or charity you care about

26 Recall three things you've done that you are really proud of

27 Today link your decisions and choices to your purpose in life

28 Tell someone about an event in your life that was really meaningful

29 Think about how your actions make a difference for others

30 Find three good reasons to be hopeful about the future

31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS

www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind


Action for Happiness have published their latest calendar: Meaningful May 2020
[Together lets make May more meaningful Click on this link for more information](#)

For Everyone



You may be noticing that you are struggling with the monotony of lockdown, remember to **Be Mindful** in taking care of your mental health.

Mrs. Steadman's Solace in Lockdown



Two weeks into lockdown and I began to feel a little sluggish, I think the lack of routine was beginning to tell on me. I needed to get moving and find an alternative focus. Time to do something about it! With the gym closed my only option was the great outdoors. I live in a town but I am blessed to have a beautiful park only five minutes from where I live. So, like Mrs. Felstead I downloaded Couch to 5K and off I went. I used to run a few years ago so surely it wouldn't be that hard to get back into to? Oh no!! After completing my first run I thought I would never recover and the next day I ached in places I didn't know you could ache in.

However, I have persevered and it has become much easier. Although I don't love it, I try to run or walk in the park most days (even in the rain). The circumference of the park is exactly one mile so great for judging how far I've ran or walked.

Outside exercise allows me the time to switch off from all that is happening at the moment. I listen to music while I'm running but sometimes it's good to just take in the sights and sounds that surround me. The park is the perfect place to be this time of year, everything is new and bursting with life. We all have to find our own ways of dealing with lockdown at the moment and this is mine.

So this park that I visit most days has become a little paradise for me.

Stay safe and see you soon XXX



The Great Big **Design a Van** Competition

Ocado are calling all awesome artists to help them redesign some of their Ocado vans and need your help. Simply show us how you think the side of an Ocado van should look. We'll pick the best 4 (by age group) and put your masterpieces on the side of real vans.

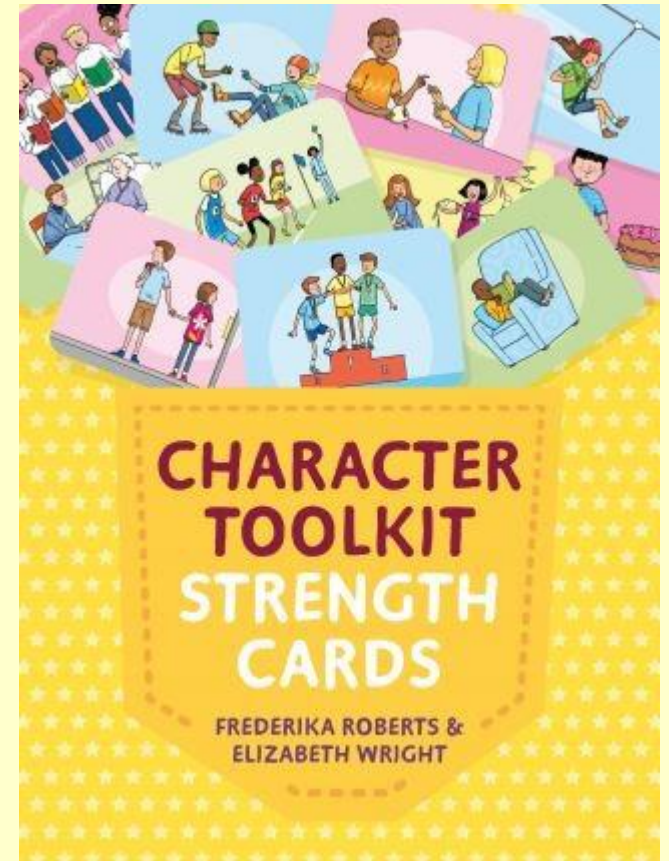
Get creative and send us your best ideas and win prizes, including £500 for your school. The only rule is there are no rules. We want the craziest and brightest of your clever ideas. Just follow the steps [here](#)



Coronavirus: the NCB family's response
During the Coronavirus crisis the National Children's Bureau remains more committed than ever to supporting the children and families who find it hard to have their needs met. Check out their resources [here](#).

Wellbeing through Character Strengths

Whether at home or in school, is not just about academic subjects. Teachers and parents are crying out for wellbeing resources to use with their children during this difficult time. Frederika Roberts and Elizabeth Wright, co-authors of '[Character Toolkit for Teachers](#)', are offering a free printable version of their cards [here](#) [Character Toolkit Strength Cards](#), which will be published on 18th June and will be available to purchase.



For staff



The Anna Freud Centre, Schools in mind service have created a valuable resource to support pupils who may be struggling to manage symptoms of anxieties.

To see this practical guide, click on the link [here](#)

As schools start to think about the reintegration back to school, some pupils may be returning having experienced the loss of a loved one due to the Coronavirus. Here are some resources to help educators explore ways to support their school communities with grief in these vulnerable times.



HOW CAN TEACHERS LOOK AFTER THEIR MENTAL HEALTH

 @BELIEVEPHQ



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

Virtual Day Trip

Take a virtual tour of the **Hubble Space Telescope's** home for mission operation. There is the Operations Room, where the flight operators command and monitor Hubble and the Operations Support Room, where the flight team investigates spacecraft anomalies.



<http://nasa.gov/content/goddard/hubble-360-degree-virtual-tour>

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

- This weeks recipes come from Mrs Aver-Howdle and they both sound delicious
- Sausage, tomato & mozzarella melt
- Serves 4
- 200g tinned chopped tomatoes
- 1/2 teaspoon sugar
- sea salt sprinkle
- black pepper
- 1/2 ciabatta
- 4 cooked sausages sliced on the diagonal
- mozzarella 125 - 150g sliced
- olive oil drizzling
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- Preheat oven 180 - 190C Gas 6
- Heat tomatoes and the sugar, salt and pepper. Cook for 10 mins or until the sauce is reduced and thick. Allow to cool slightly.
- Place the ciabatta bases on a baking tray, with the sauce, sliced sausages and mozzarella, pepper and olive oil (drizzle) bake for 10 mins. Lay the ciabatta tops on the bases and return to the oven for a few minutes, until these slices are toasted and cheese bubbling.
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- I have done this for hearty breakfasts, brunch or lunch with a salad and have added extra sausages if required.

The other is another favourite- Mixed berry amaretto crumble cake Serves 8 people

Frozen berries (your own choice) are best to use

For the cake

125g salted butter, softened

100g caster sugar

2 eggs medium

1 tsp vanilla essence

juice of 1 lemon

100ml whole milk

200g self-raising flour

250g of mixed frozen berries of your choice

For the topping

crumble mix

50g plain flour

30g demerara sugar and 30g caster sugar

110g salted butter, softened

100g amaretto biscuits

Preheat oven 180c

Grease a 23cmspringform cake tin and line with baking paper

Make the topping first - combine the flour, and sugars in a bowl and rub the butter. Crumble in the biscuits and rub together until lumpy crumble, leave to one side.

For the cake - beat the butter and sugar together until light and fluffy, then add the eggs one at a time until well combined.

Add the vanilla essence, lemon juice and milk and sift the flour with a pinch of salt and stir with a wooden spoon until combined.

Spoon the mixture (batter) into the cake tin and smooth out. Sprinkle the berries over the batter in a single layer and crumble the topping over the cake to make sure you cover all the berries.

Bake in oven for 35 - 40 minutes and can serve with ice cream or on its own with a cup of tea or coffee.

Book Recommendations

- For Wellbeing:
- **The Art Of Happiness** By the Dalai Lama
- Through conversations, stories, and meditations, the Dalai Lama shows us how to defeat day-to-day anxiety, insecurity, anger, and discouragement. Together with Dr. Howard Cutler, he explores many facets of everyday life, including relationships, loss, and the pursuit of wealth, to illustrate how to ride through life's obstacles on a deep and abiding source of inner peace.

- For adults
- **THE ALCHEMIST BY:** Paulo Coelho
- Originally published in Portuguese, this inspiring tale of self-discovery follows Santiago, an Andalusian shepherd boy who yearns to travel in search of a worldly treasure. But his quest takes him in a different - and far more satisfying - direction, to learn how to listen to his heart and follow his dreams. Easy to read and highly descriptive, this masterpiece will inspire you to brave the path to pursuing your dreams - just like Santiago

For children

- **KRINDLEKRAX:** Philip Ridley
- A very funny school story with weird and wonderful characters by the award-winning author, Philip Ridley. Ruskin Splinter is small and thin, with knock-knees, thick glasses and a squeaky voice, and the idea of him taming a dragon makes the whole class laugh. Big, strong Elvis is stupid but he looks like a hero. So who is more likely to get the big part in the school play? But when the mysterious beast, Krindlekrax, threatens Lizard Street and everyone who lives there, it is Ruskin who saves the day and proves he is the stuff that heroes are made of after all.