

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.

In our sixth newsletter I thought it would be nice to look at what we can give back. The act of Giving, is not just in the form of a gift, it could be giving someone your time and attention. The simple act of giving someone a smile can be very uplifting in these unsettling times.



This week we will be focussing on **Giving**

For Everyone

- **Research suggests that acts of giving and kindness can help improve your mental wellbeing by:**
 - creating positive feelings and a sense of reward
 - giving you a feeling of purpose and self-worth
 - helping you connect with other people
- It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.
- **Some examples of the things you could try include:**
 - saying thank you to someone for something they have done for you
 - asking friends, family or colleagues how they are and really listening to their answer
 - Spending quality time with friends or relatives who need support or company (of course whilst continuing to social distancing)
 - offering to help someone you know with a project

For Students



Looking after your mental health during Coronavirus – top tips for making Resilient Moves when Computer Gaming! – Resilience Revolution

You can [download a free copy of the guide.](#)

- For Parents

The logo for Young Minds, featuring the word "YOUNG" in large, bold, yellow capital letters above the word "MiNDS" in large, bold, dark grey capital letters. The letter "i" in "MiNDS" is lowercase and has a yellow dot.

Young Minds provides some excellent guidance for parents and how you can help support your own mental health.

[Young Minds provides excellent guidance here.](#)

Here are some advice for parents to help improve the wellbeing of their children:

- Share worries and seek out support from friends and family
- Live a healthy lifestyle by eating well, exercising, having fun and getting enough sleep
- Stay well informed by finding out more about topics that concern them
- Never stop talking and listening to their child through good times and bad.

For staff



#GivingBack #Thankyou
Optimus Education who have now
opened their [Covid 19- useful
resources for free](#)

Virtual Day Trip

The Imperial War Museum

The museum may be shut but they still have millions of unforgettable stories to share with you.



Click [here](#) to take your virtual tours

One Day

In these times of isolation,
people feel scared and alone.
They want to feed their families,
they want a happy home.

They miss their loved ones dearly,
they feel like an emotional wreck.
They sit at home and panic,
unsure of their next pay cheque.

They want to see their loved ones,
to make sure they're safe and well.
How long must this go on for?
Only time will tell.

Each day more people lose their lives,
they hear it on the news.
They sit down on their beds and think
about the people they might lose.

Their hair needs cutting, they're gaining weight,
they're feeling really rough.
They think "How can I make a difference?"
"Is what I'm doing now enough?"

They hear of others breaking the rules,
they think, "should I do the same?"
But they remember those who've lost their lives,
there's too many for them to name.

Don't get complacent, don't take the risk,
don't put others in harm's way.
Instead get off your bed, pick up your phone,
dial those you love and say,

"How're you? Do you need help?
You need to keep on smiling!"
Once you're done hang up the
phone
and find someone else you should
be dialling.

They may not be able to see you,
so let them know that you are there.
Tell them a joke, make them laugh,
and show them that you care.

Because one day this will be over,
and you'll walk out your front door.
You'll wonder what to do that day,
there's a new world to explore.

You'll see your friends and family,
you'll cry, you'll hug and you'll say,
"I have missed you very dearly,
I have dreamt about this day."

You'll play sports and watch movies,
have drinks and go to dinner.
You'll get to see the ones you've
missed,
you'll feel like a lottery winner.

So when you find you're struggling,
just think about that day,
When we raise a glass to those
we've lost,
and all will be okay.

Thank you to Mr Davies for
sharing with us this poem he
has written about how
people are feeling in
lockdown.

It brilliantly captures the
thoughts and feelings of all
of us I think and there is
something in this we can all
relate to.

You are wasted in Science
Mr Davies, you could have a
second career as a poet
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: Orzo with Roasted Vine Tomatoes

Orzo is a small pasta shaped and cooked like rice grains, though 'orzo' in Italian translates to 'barley' in English.

This is a simple and delicious dish and an easy way to get children eating vegetarian or vegan food without a fuss. This recipe is adapted from The Green Roasting Tin by Rukmini Iyer.

Ingredients (Serves 4)

- 500g bag of orzo.
- 1 litre vegetable stock.
- 600-800g of vine tomatoes, halved. Save the vines.
- One red onion, finely chopped. (Or one bunch of spring onions)
- 2 bay leaves
- Salt and pepper
- Olive oil

Preheat an oven to 180 degrees C. In a large roasting tin, mix the orzo with the vegetable stock and lay the vines over the top. As the dish cooks these add additional flavour.

Arrange the halve tomatoes, cut side upwards, evenly around the orzo. Scatter the bayleaves, onion, plenty of black pepper and 1 tsp of salt over the dish. Transfer to the oven and roast for 20 minutes.

After 20 minutes, check the orzo is 'al dente', remove the vines and stir through 2 tablespoons of olive oil. Scatter with the basil leaves and serve immediately.

Add a grated cheese of your choice, but for a vegan alternative, a topping of 'pangratata' which is made from breadcrumbs fried in a little olive oil with garlic, is an excellent alternative.

Instead of tomatoes, try sliced courgettes, baby aubergines or red peppers with this dish.

Book Recommendations

- **Wellbeing:**

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- The Wellbeing Book: 50 ways to focus your mind, boost your body and supercharge your soul by Andrew Sharman – As our lives get busier, boundaries between work and leisure blur and we spend less time thinking about what we're putting our minds, bodies and souls through.

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- **Adults:**

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- The Handmaid's Tale by Margaret Atwood - Offred is a Handmaid in the Republic of Gilead, a religious totalitarian state in what was formally known as the United States.

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- **Children:**

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- The Boy at the Back of the Class by Onjali Rauf – There used to be an empty chair at the back of my class, but now a new boy called Ahmet is sitting in it. He's a refugee who has run away from a war. A real one with bombs, fires and bullies that hurt people.

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

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

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

https://kahoot.it/challenge/01202401?challenge-id=67d6d8a2-6693-48e1-bc4a-3e38818bc1ff_1589794949484

Pin: 01202401