

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.

What do you do well? Plenty; but do you realise this? Do we thank each other enough? Are we positive in our mindsets? Do we notice what others do?

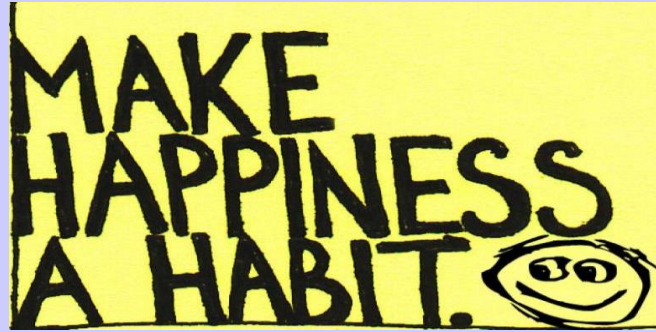
Celebration of children's achievements is an underlying principle of a successful school, but at the heart of that school is a team of adults striving to deliver the positive future our children deserve. It takes seconds to thank somebody, praise their efforts or a particular piece of work and if this is sincere, rather than a token, the value for the recipient is immeasurable.

THE MORE YOU
CELEBRATE
YOUR LIFE,
THE MORE THERE
IS IN LIFE TO
CELEBRATE.

Oprah Winfrey

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

For Everyone



- Expressing Gratitude
- Nature walks for wellbeing
- Acts of service to others
- Surround yourself with happiness triggers, plants, photo's and thank you cards
- Practice forgiveness
- Keep positive relationships
- Journaling



- More than ever, we must support children & young people's mental wellbeing. Claire Dorris from [The National Children's Bureau](#) considers how parents, practitioners, friends, wider family, and policy influencers can help during [#Coronavirus](#). [#MentalHealthAwarenessWeek](#)



JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020



MONDAY

1 Decide to look for what's good, even on the difficult days

8 Write a letter to thank someone for what they did

15 Rediscover a fun childhood activity that you can enjoy today

22 Share a happy memory with someone who means a lot to you

29 Take time to do something that makes you happy today

TUESDAY

2 Re-frame a worry and try to find a positive way to respond

9 Find the joy in music today: sing, play, dance or listen

16 Ask a loved one what they feel grateful for at the moment

23 Look for something to be thankful for where you least expect it

30 Make a list of the joys in your life (and keep adding to them)

WEDNESDAY

3 Think of 3 things you're grateful for and write them down

10 Take a photo of something that brings you joy and share it

17 Be kind to you. Treat yourself the way you would treat a friend

24 Thank a friend for the joy they bring into your life

THURSDAY

4 Show your appreciation to those who are helping others

11 Say positive things in your conversations with others today

18 Send a positive note to a friend who needs encouragement

25 Eat food that makes you feel good and really savour it

FRIDAY

5 Smile and be friendly, even while you're social distancing

12 Make a plan with friends to do something fun together

19 Create a list of favourite memories you feel grateful for

26 See the upside in a difficult situation you learnt from

SATURDAY

6 Notice the upsides during the lockdown, however small

13 Appreciate the joy of nature and the beauty in the world around

20 Make time to do something playful today, just for the fun of it

27 Watch something funny and enjoy how it feels to laugh

SUNDAY

7 Find a joyful way of being physically active (indoors or out)

14 Do three things to bring joy to other people today

21 Enjoy trying a new recipe or cooking your favourite food

28 Create a playlist of your favourite songs and enjoy them



"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle

ACTION FOR HAPPINESS



www.actionforhappiness.org

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

Keep Calm · Stay Wise · Be Kind

For Students

The importance of check in for children are vital at this time to ascertain how they are coping in the current pandemic. Invite young people to assess where their emotions currently sit on this mood flag and ask them what they would need in order to move up a flag.

Rate how you are feeling today?

1 2 3 4 5 6 7 8 9 10

Not so good Very good

What do you need to feel Better?

The image shows a mood flag scale with 10 numbered flags. The flags are colored in a gradient from dark blue (1) to light pink (10). The scale is titled 'Rate how you are feeling today?' and has 'Not so good' at the 1 end and 'Very good' at the 10 end. Below the scale is a pink box with the question 'What do you need to feel Better?'.

Make a lockdown memory jar

Being in lockdown has given us lots of time to reflect and think about the things that are important to us. What if you could invite your children to create their own Lockdown Memory Jar, these could include:

- Notes of how they felt
- Trinkets they may have collected on walks
- Meaningful drawings
- Pictures of loved ones they have missed



For Students

Re-Think The Rainbow

Multimedia eBook containing over 20 inspirational stories, narrations, videos and activities for children aged between 6 and 11. A valuable resource for parents, carers, libraries, and teachers.

Rethink the Rainbow - Positivity in a Pandemic - Available May 31 st , 2020

Written by real people for real people - The youngest author to date is aged 7!

ALL proceeds raised will be donated to several UK 'grass-roots' children's mental health charities.

Pre-order your copy on www.iamagiantleaper.com for £9.99 (2 x takeaway coffees!)

Re-Think The Rainbow

Positivity in a pandemic.

We're All in this together.

Cover image by Rachel List

A compilation of short stories shining a light on children's mental health.

www.iamagiantleaper.com

Rethink the Rainbow is a charity book created for children to shine a light on children's mental health. 100% of the proceeds are being donated to young people's mental health charities

Pre-Order your copy of the compilation eBook 'Rethink the Rainbow' shining a light on Children's Mental Health - A fab resource for parents, carers, kids, teachers and schools! <https://iamagiantleaper.com>

- For Parents

**YOUNG
MiNDS**

Questions to ask your child in self-isolation

YOUNGMiNDS

What could help you to complete your school work at home? Where would you like to work at home?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

What things would you like to do in the future?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What are you worried about when you lie in bed and can't sleep?

Can you think of anything fun that we can do at home?

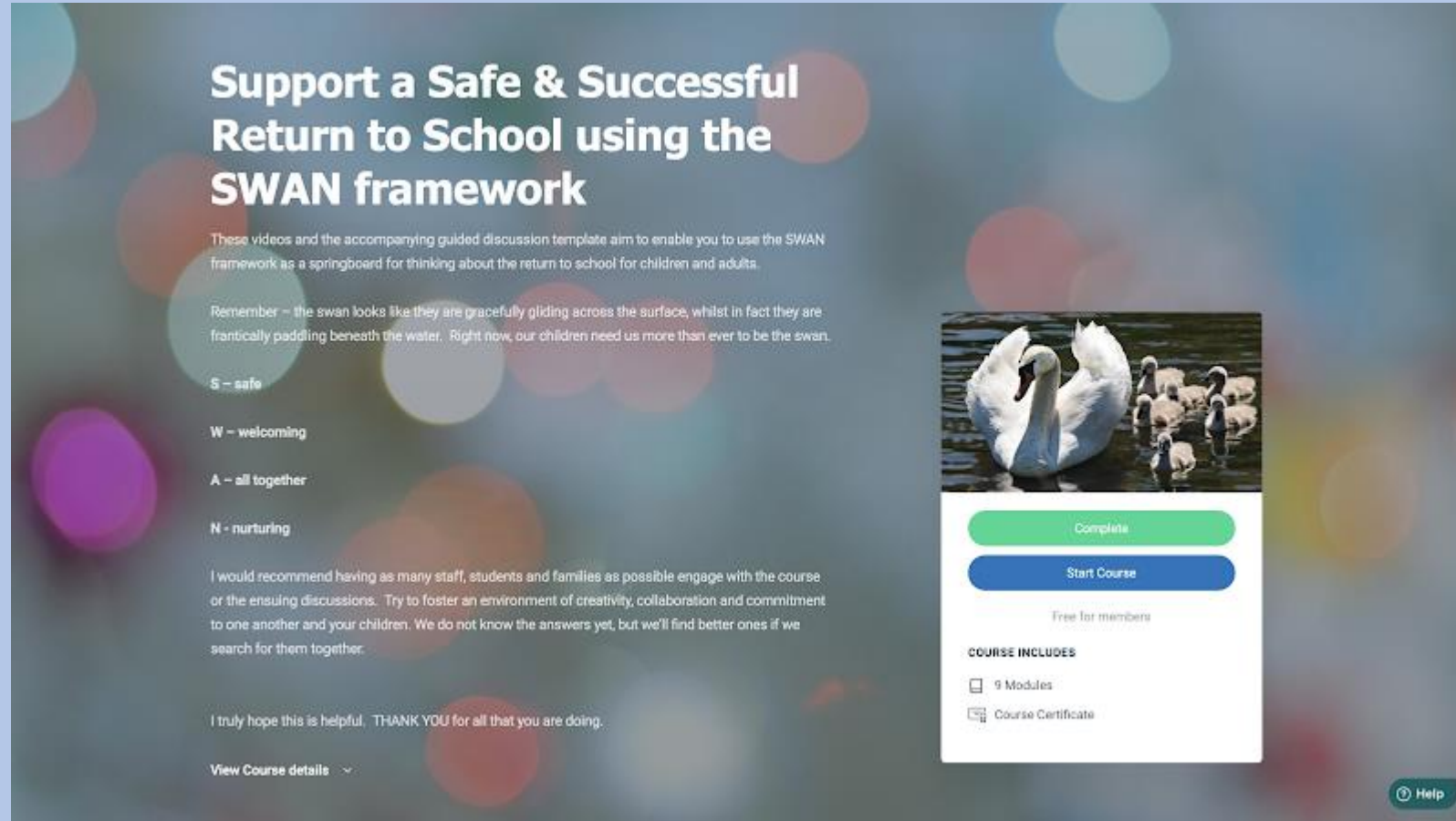
How do you feel about things changing?

How do you feel about staying at home?

What have you enjoyed about today?

- **Young Minds have created some great questions to help identify children's needs in these current times.**

For staff



Support a Safe & Successful Return to School using the SWAN framework

These videos and the accompanying guided discussion template aim to enable you to use the SWAN framework as a springboard for thinking about the return to school for children and adults.

Remember – the swan looks like they are gracefully gliding across the surface, whilst in fact they are frantically paddling beneath the water. Right now, our children need us more than ever to be the swan.

S – safe

W – welcoming


A – all together

N – nurturing

I would recommend having as many staff, students and families as possible engage with the course or the ensuing discussions. Try to foster an environment of creativity, collaboration and commitment to one another and your children. We do not know the answers yet, but we'll find better ones if we search for them together.

I truly hope this is helpful. THANK YOU for all that you are doing.

[View Course details](#)



[Complete](#)

[Start Course](#)

Free for members

COURSE INCLUDES

- 9 Modules
- Course Certificate

[Help](#)

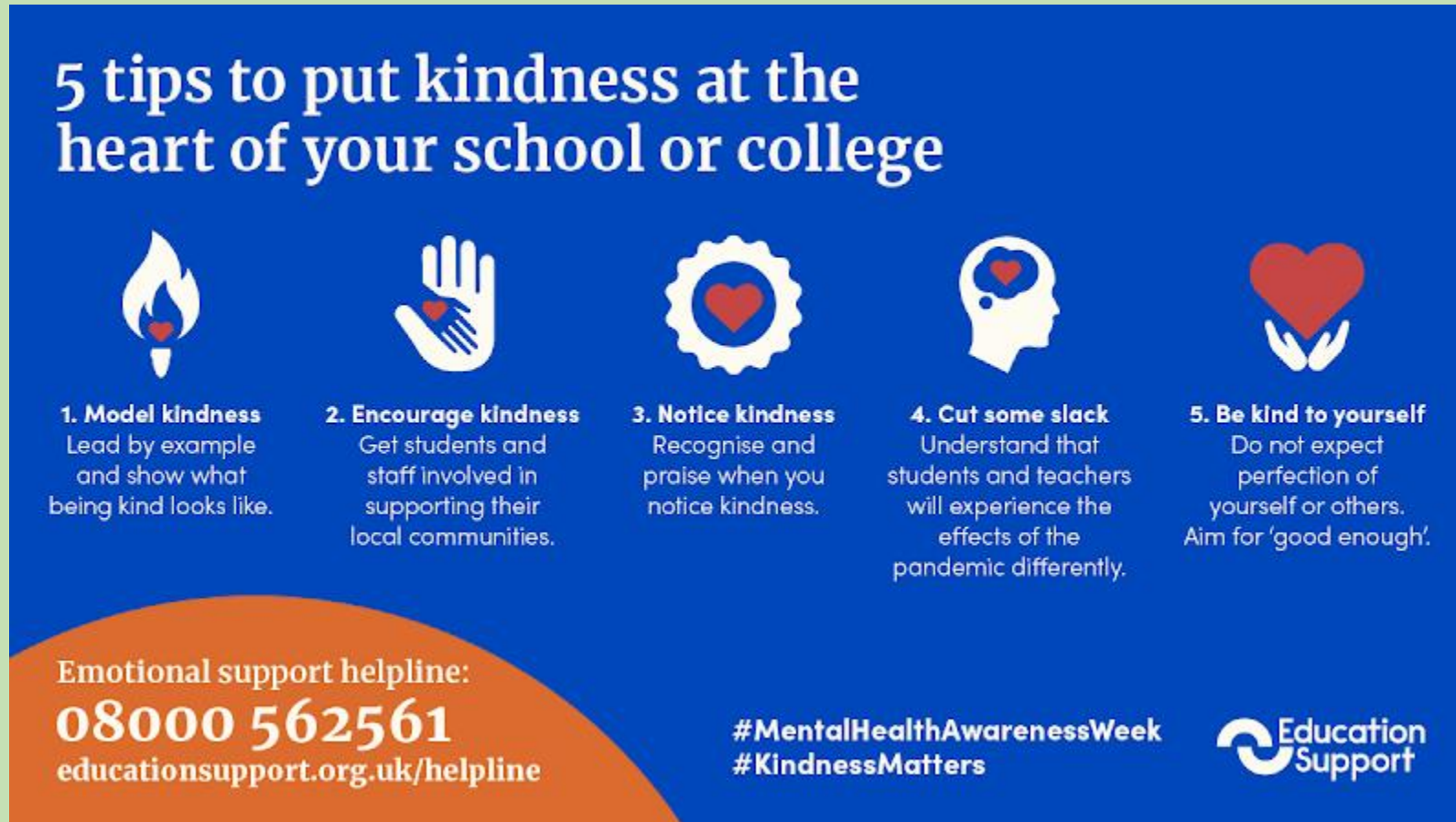
Dr Pooky KnightSmith has created a fantastic FREE E-Learning resource for educators

This supports a safe and successful resource to return to school


[Sign up here](#)


For staff


Practical advice to support staff wellbeing in the crisis from [Education Support Partnership](#)




5 tips to put kindness at the heart of your school or college

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1. Model kindness
Lead by example and show what being kind looks like.
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2. Encourage kindness
Get students and staff involved in supporting their local communities.
- 


3. Notice kindness
Recognise and praise when you notice kindness.
- 

4. Cut some slack
Understand that students and teachers will experience the effects of the pandemic differently.
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5. Be kind to yourself
Do not expect perfection of yourself or others. Aim for 'good enough'.

Emotional support helpline:
08000 562561
[educationsupport.org.uk/helpline](https://www.educationsupport.org.uk/helpline)

#MentalHealthAwarenessWeek
#KindnessMatters

 Education Support

Virtual Day Trip

A day out at the Smithsonian Museum Of Natural History in Washington DC



Take your trip [here](#).

Student news

This week we have some lovely student news to share.

This is Henry Vazquez' Great Granny, Pam Stimpson. She is 98 years old and lives in a care home in Leciester as she has dementia. She really enjoys the company of her fellow residents. She has been in lockdown with no visitors since March lucky for us Henry and his family were able to visit her on her birthday in Feb. Henry, who is in year 9, took his Great Granny and the ladies she lives with some wool from a friend and knitting needles donated for a local Charity Shop in Newport. They have been able to keep themselves busy with their knitting during the lcokdown.

If you would like to send any cards to the care home Henry's Mum says there are many people there who would love to receive them. Let me know and I can pass on the address to you.



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: This week's recipe has been given me by Miss Owen and her daughter Ella.

Christine & Ella'S Mediterranean Chicken
(Serves 6 small portions - or 3-4 hungry people)

Ingredients

Six chicken thighs
One pack of feta cheese
Olives
Two red onions
4 garlic clothes
One pack of small potatoes 750 g
one can chopped tomatoes
Cherry or small tomatoes - a couple of handfuls
Oregano
Harissa paste. We like rose harissa
Olive Oil
2 tbs red wine vinegar
Salt and pepper
2 medium casserole dishes or 1 v large one

Method

1. Chop small potatoes in half, halve and slice onions and halve cherry tomatoes and put the casserole dish/es.
2. Add crushed garlic.
3. Add chopped tomatoes.
4. Add oregano/chopped tomatoes and stir
5. Cut feta into cubes and add and stir.
6. Add extra virgin olive oil / red wine vinegar to coat everything. I put quite a lot in!
7. Season with salt and pepper and stir.
8. Place chicken thighs on top. Season chicken thighs (skin on or off- however you like it) and coat them with harissa paste.
9. Cover and put in oven (170 fan oven) for about 75 minutes. Check after 45 minutes to see how the potatoes are doing!



Book Recommendations

- **Wellbeing:**

- **[Live Well, Teach Well](#) by Abigail Mann**

- Stressed? Overworked? Drowning in marking? This book has it covered. In order to secure the best possible outcomes for your pupils, you must look after your own wellbeing, and Live Well, Teach Well is jam-packed with 90 practical ideas and strategies to help you do just that.

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- **Adults:**

- **[The Humans](#) by Matt Haig**

- After an 'incident' one wet Friday night where he is found walking naked through the streets of Cambridge, Professor Andrew Martin is not feeling quite himself. Food sickens him. Clothes confound him. Even his loving wife and teenage son are repulsive to him. He feels lost amongst an alien species and hates everyone on the planet. Everyone, that is, except Newton, and he's a dog

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- **Children: by Wilson Rawls**

- Where The Red Fern Grows will take you on a journey with a boy and his two dogs Big Dan and Little Ann you won't soon forget! From leaving home to fetch his pups ,to hunting in the Ozarks, this boys journey will have you yearning for your youth, Wishing for simpler times, and feeling emotional. You'll not want to put this down till you've finished it. This is a book you keep and cherish.

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/09440796?challenge-id=67d6d8a2-6693-48e1-bc4a-3e38818bc1ff_1590074583378

Pin: 09440796