

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.

Look at the most successful teams; they played to each other's strengths. There are players who receive greater attention than others ultimately it is the greater good of the team that counts. The balance of the team is the key. This balance doesn't simply occur once then remain constant. It requires perpetual work, fine-tuning and awareness of the developing strengths and frailties of those in the organisation. As we emerge from lockdown, the need to develop our value of collaboration has never been so important.

GOT COLLABORATION?

Collaboration divides the task and multiplies the success.

venspired.com

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

For Everyone

- Have a common purpose and goal.
- Trust each other.
- Clarify their roles from the start.
- Communicate openly and effectively.
- Appreciate a diversity of ideas.
- Balance the team focus.
- Leverage relationships by valuing everyone equally.





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

Mental and Emotional Wellbeing

These are some links that you might find useful to support your emotional wellbeing

- **Mental Health Foundation** - <https://menorg.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak> - practical tips to stay in good mental health whilst we stay at home.
- **See me** - <https://www.seemescotlaorg/young-people/resources/> - resources for young people and adults to promote the importance of talking about mental health and providing resources to facilitate this.
- **Mind** - <https://www.minorg.uk/information-support/for-children-and-young-people/understanding-my-feelings/> - information for young people about their emotions and feelings and how to seek the help needed.
- **Childline** - <https://www.childline.org.uk/info-advice/> - practical advice and support for children and young people on a range of topics affecting their health and wellbeing.
- **Headspace** - <https://www.headspace.com/> or App
- **Calm** - <https://www.calm.com/> or App

- **Parents**

- Are you finding our COVID-19 resources useful? We hope you can share them with parents or use for home-schooling. Next week is Child Safety Week so our [new resource](#) focuses on safety and first aid. Here's a taster of what you can expect with differentiated activities for primary and secondary learners.

- **Safety in the home** - think about the [dangers in the home](#) and learn some simple first aid skills to help with a bleed, burn or head injury.

- **Sharing skills** - what new skills have been learned in lockdown? Encourage children and young people to [share their skills](#) with a sibling or parent with these creative ideas.

- **Looking to the future** - What can we learn from this experience? What are our hopes for the future? [Get creative](#) with writing and drawing.

- The whole family can learn some simple first aid skills through our brand-new learning site, [First aid champions](#). We've created specific activities to help parents navigate their way through the site.

[Click on the link here](#)

- [First Aid Champions Home Learning](#)



For staff

"The most valuable resource that all teachers have is each other. Without collaboration our growth is limited to our own perspectives."
Robert John Meehan



Made with  by recitethis.com


"No one can whistle a symphony. It takes a whole orchestra to play it." Halford E. Luccock


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.
- 

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.
- 

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 Chester Zoo.



Take your trip [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: This week's recipe has been sent me by Hannah and Sophie Ross who have done lots of cooking during lockdown.

Ingredients

250g Digestive Biscuits
100g melted butter
1 vanilla pod
600g full fat soft cheese
100g icing sugar
284ml double cream

For the topping

400g punnet of strawberries
(halved)
25g icing sugar

Method

1. To make the base, butter and line a 23cm loose-bottomed tin with baking parchment. Put the digestive biscuits in a plastic food bag and crush to crumbs using a [rolling pin](#). Transfer the crumbs to a [bowl](#), then pour over the melted butter. Mix thoroughly until the crumbs are completely coated. Tip them into the prepared tin and press firmly down into the base to create an even layer. Chill in the fridge for 1 hr to set firmly.

2. [Slice](#) the vanilla pod in half lengthways, leaving the tip intact, so that the two halves are still joined. Holding onto the tip of the pod, scrape out the seeds using the back of a kitchen knife.

3. Place the cream cheese, icing sugar and the vanilla seeds in a bowl, then beat with an [electric mixer](#) until smooth. Tip in the double cream and continue beating until the mixture is completely combined. Now spoon the cream mixture onto the biscuit base, starting from the edges and working inwards, making sure that there are no air bubbles. Smooth the top of the cheesecake down with the back of a dessert spoon or [spatula](#). Leave to set in the fridge overnight.

4. Bring the cheesecake to room temperature about 30 mins before serving. To remove it from the tin, place the base on top of a can, then gradually pull the sides of the tin down. Slip the cake onto a serving plate, removing the lining paper and base. Purée half the strawberries in a [blender](#) or [food processor](#) with the icing sugar and 1 tsp water, then sieve. Pile the remaining strawberries onto the cake, and pour the purée over the top.



Book Recommendations

- **Wellbeing:**

- The ABCS of Coping with Anxiety: Using CBT to manage stress and anxiety by James Cowart, PHD - A concise collection of tried-and-tested strategies from cognitive behavioural therapy (CBT) to help you cope with your stress and anxiety on a day-to-day basis.

- **Adults:**

- Never Let Me Go by Kazuo Ishiguro - Never Let Me Go dramatises Kathy H's attempts to come to terms with her childhood at the seemingly idyllic Hailsham School and with the fate that has always awaited her and her closest friends in the wider world.

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- **Children:**

- Why Your Parents Are Driving You Up the Wall and What To Do About It: THE BOOK EVERY TEENAGER NEEDS TO READ by Dean Burnett - doctor of brains and international bestselling author, Dean Burnett has written a book for YOU to understand just what on earth is going on

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/02064359?challenge-id=67d6d8a2-6693-48e1-bc4a-3e38818bc1ff_1591269867118

Pin: 02064359