



Wellbeing Newsletter Spring 1 - 2021

Again, unfortunately our lives have changed, and we are only allowed to open school to a limited number of pupils and most of us have been asked to stay at home. There is a lot of worry around because of the new variant of Covid-19. Having some worry can be good, because it can keep us safe, but when we have lots of worry, it can make us feel bad and make it hard for us to manage our feelings. This is normal and you are not alone. If you are feeling worried or scared, you may find it helpful to try some of the activities in this newsletter. The purpose of this newsletter is to offer some ideas and suggestions for activities linked to looking after our mental health and wellbeing which is particularly vital in these challenging circumstances. There is no expectation to complete these tasks, they are just there for you to use as you wish.

Mrs Rondeau – Assistant Headteacher (Inclusion Leader)

Five Ways to Wellbeing

Think about the 'Five Ways to Wellbeing' approach which is about how positive actions can contribute to and boost feelings of wellbeing. Each of these actions or ways can have a beneficial impact on your wellbeing.

More ideas/activities will be added in the next newsletter.

Connect	Be active	Take Notice	Keep Learning	Give
<p>Connect with the people around you. this is particularly important during this crisis.</p> <p>Online platforms are a great way to enable us to see family and friends as well as speaking on the phone.</p> <p>However, you stay in contact with others simply talking about how you feel can make a big difference.</p>	<p>Current guidance says that everyone is able to go out each day for a walk, cycle or run.</p> <p>There are lots of online workouts covering a wide range of activities and abilities that can be done within the home.</p> <p>Even though it is cold outside, if you have access to a garden or outdoor space you can still use this to get active.</p>	<p>Being aware of the world around you and what you're feeling.</p> <p>Take some time each day to talk about how everyone is feeling and to connect with one another.</p> <p>There are some additional ideas for conversation topics listed below.</p> <p>Also, when going outside, take a few moments to notice the feelings of fresh air, sunshine, rain on your face. Listen to the sounds around you. What do you notice?</p>	<p>Learning something new or improving a skill you already have is great for giving a sense of achievement.</p> <p>As a family you could talk about the things you enjoy doing and what you can teach each other. Set yourselves a challenge and enjoy the steps you take in attempting to master it.</p>	<p>There are ways you can help others while still following the guidelines. Do something kind for a family member or friend.</p> <p>Thank someone. Make thank-you notes, give someone a smile.</p> <p>Ask a family member if they need help in completing a household job, e.g. hanging out the washing or assist with meal preparation.</p>



Mindfulness

When it rains, it pours...
 but soon, the sun shines again.
 Stay positive.
 Better days are on their way.

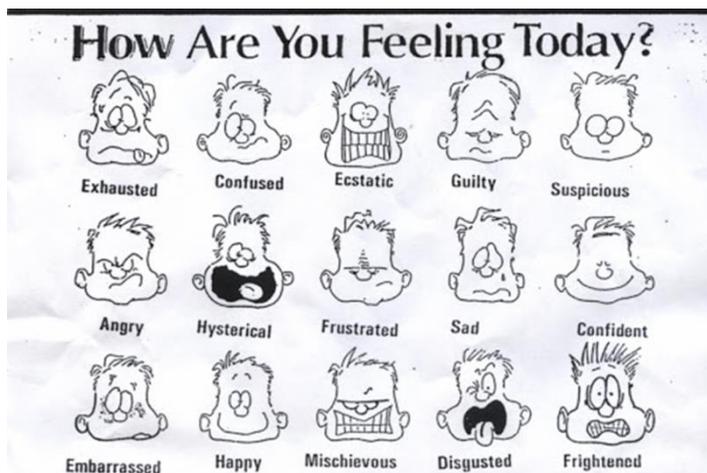
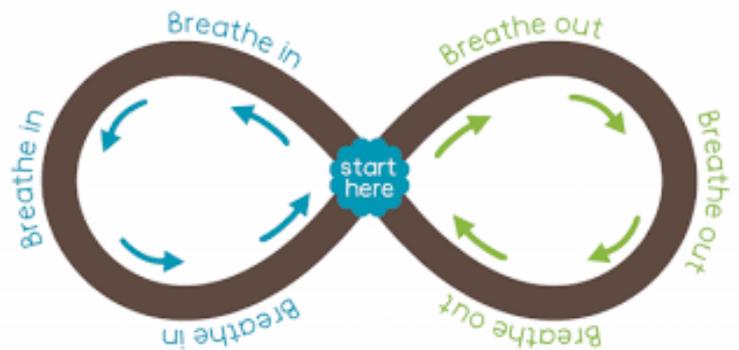
Remember: Your feelings are perfectly normal, but understanding how we are feeling can make things seem less scary.

Conversation Corner

Some questions to discuss in your families:

1. What makes you proud? Why?
2. What happens that you think is wasteful? Why?
3. What is the best gift you have ever been given? Why?
4. What do you like about being you? Why?

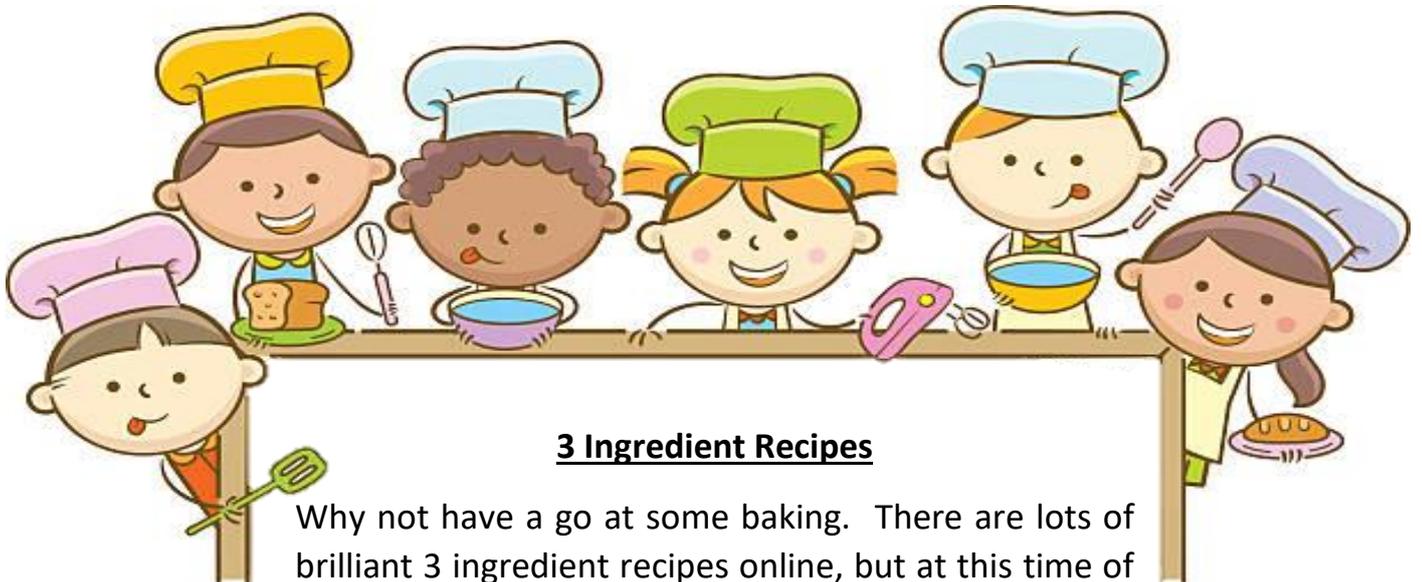
Hi 5 BREATHING





Treasure Hunt

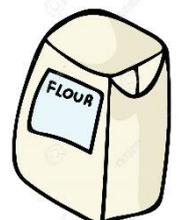
On your daily walks this month, why not see how many different types of bird you can see? You could look for ducks, pigeons, robins and geese. What else do you see? For more ideas about how to do this and how to identify the birds you see, check out: <https://www.rspb.org.uk/fun-and-learning/for-teachers/schools-wild-challenge/activities/i-spy-wildlife/>



3 Ingredient Recipes

Why not have a go at some baking. There are lots of brilliant 3 ingredient recipes online, but at this time of year when we can find it hard to be cheerful in the cold and damp, you could have a go at making these yummy shortbread biscuits:

<https://www.bbcgoodfood.com/recipes/shortbread-biscuits>





Oak Academy Books at Home

Oak Academy have just started a “virtual library”. You can hear interviews, resources and access books for free. Check out the link and you might discover some amazing new authors for yourself. <https://library.thenational.academy/>



Songs to Make us Smile

The song “What a wonderful world” by Louis Armstrong is full of all the things that make him realise that the world is wonderful place. Have a listen and look at the lyrics. You could write your own song to explain what makes your world wonderful.

<https://www.youtube.com/watch?v=A3yCcXgbKrE>

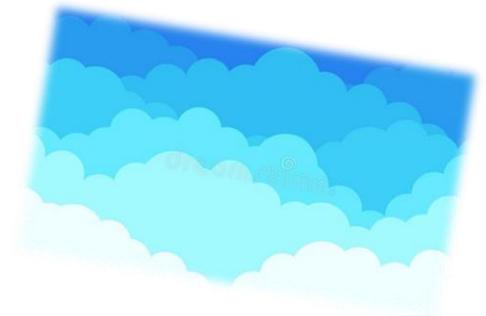




I see trees of green
Red roses too
I see them bloom
For me and you
And I think to myself
What a wonderful world



I see skies of blue
And clouds of white
The bright blessed day
The dark sacred night
And I think to myself
What a wonderful world



The colours of the rainbow
So pretty in the sky
Are also on the faces
Of people going by
I see friends shaking hands
Saying, "How do you do?"
They're really saying
"I love you"



I hear babies cry
I watch them grow
They'll learn much more
Than I'll never know
And I think to myself
What a wonderful world



Yes, I think to myself
What a wonderful world

Oh yeah

What a wonderful world

