

# WELL-BEING NEWSLETTER

April 2020

PUPIL Issue 1



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## Welcome to the first issue of our 'Work Hard; Be Kind; Well-being' newsletter!

There'll be an issue of this newsletter at the end of each month until the end of this academic year (July).

This is your 'one stop shop' for information and resources to support you during school closure. At this time of change and uncertainty, focusing on our wellbeing becomes even more important, especially when we can't go about our daily lives as normal. It can all feel a bit scary, worrying or just downright boring!

### What is 'well-being'?

It's a term we hear a lot but what does it mean?

Dictionary definitions tell us that it's about comfort, health and happiness. Essentially, it's about our emotional as well as our physical health: keeping our minds and our bodies healthy!

Here's a short video which might give you some ideas about what 'well-being' means <https://www.youtube.com/watch?v=oSlWo5nxF2A> and another one with ideas for how you could develop yours: <https://www.youtube.com/watch?v=yF7Ou43Vj6c>. Aimed at children but applicable to adults, too!

### Support

#### Directory:

**Read our Coronavirus guide from the Childrens Commissioner attached to this email**

- <https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>
- <https://www.childline.org.uk/>
- <https://www.annafreud.org/on-my-mind/youth-wellbeing/>
- <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

### Activities and resources

#### Stay connected

You should keep logging into Microsoft Teams and their school email on a daily basis. Your teachers will be in regular communication with you and you tutor will touch base with you once a week. They would love to hear how you're getting on.

Try and stay connected with friends and family – Facetime is great, but when is the last time you wrote a letter?

#### For all

Amazon has cancelled the subscription of books and audio stories at 'audible' for children and students of all ages as long as schools are closed. All stories are free to

stream on your desktop, laptop, phone or tablet via

<https://stories.audible.com/start-listen>

### Keep learning going (but not too much!)

Aim for no more than 6 hours of work a day using a mixture of Teams (and/or the packs sent home by school) and your own resources or interests. This will help you stay in touch with school virtually and keep a balance.

### Keep Busy

Podcasts are a great tool to learn new things or give you time to clear your head and switch off for a while. We can recommend



**Happy Place-** by **Ferne Cotton**, Listen to interviews with celebrities about how they have overcome many challenges



**The Imagineer-** **Matthew Krul**, Podcast dedicated to all things Disney!

### Stay active

Please follow **@toothillPE** on twitter for daily guidance on mental and physical health. The staff are doing everything they can to keep active at home and have even had a go at some TikTok challenges

They also recommend the **Down Dog Yoga** App- Available for all staff and students to use for free. To register- use your school email address-Free until July 1st

**PE with Joe** - Live every day at 9am – link to first session here -

<https://www.youtube.com/watch?v=Rz0qo1pTda8>

Follow Dr Radha **@DrRadhaModgil** on Twitter for useful help and supportive links.

### Give Back

It is important to stop and reflect on how brilliantly the world has come together and are helping each other. Two characteristics will probably come into your mind; kindness (the idea of helping, being friendly and considerate towards others) and resilience (the ability to bounce back and carry on through difficulties). We have seen people in the UK be so compassionate towards others and communities pull together – what has been so fantastic is that people in the community may not have had the time to speak to each other before the lock-down.

Here are some great examples of kindness and resilience: Kindness and Resilience: Clap for the NHS - <https://www.bbc.co.uk/newsround/52116882>

#ViralKindness - <https://www.itv.com/news/2020-03-15/cornwall-woman-launches-viralkindness-postcard-to-help-people-self-isolating/>

### What could you do to help others?

Draw a rainbow to put in your window to show support for the NHS

Send a message to a friend/family member to say hello

Help your parent/s around the house, doing some household chores without being asked

If your little brother or sister is being annoying, take time to talk to them and see if they are bored or worried.

Check your parent/s are ok, this is a difficult time for them too.



### 'Here's one I tried earlier'

This is where we'll share your ideas, tips and suggestions. This could include: a recipe to try; suggestions for in-door sports and games; arts and crafts activities; ways in which you've used an activity or resource from this newsletter and your 'top tips' for doing it; any ideas that you've had from your experiences so far. All ideas, tips and suggestions will be curated by our team and published anonymously.

If you've got suggestions for 'Here's one I tried earlier', please email [Jgray@toothillschool.co.uk](mailto:Jgray@toothillschool.co.uk)

**Thank you for reading!**

**Take Care. Keep in Touch.**

**Contact us**

School.office@toothillschool.co.uk