



# WELL-BEING NEWSLETTER

April 2020

PUPIL Issue 2



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## Welcome to the April 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 your time out of school.

### 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!

### Special Features

#### The Magic of Music

Music is so powerful and can be one THE best ways to change your mood. . Music can relax the mind, energize the body, and even help people better manage pain.

Click here to find out more! [https://55a13921-e05d-4983-b0a0-c00ab9966d84.filesusr.com/ugd/d29a8f\\_2a839e1131e34ab29501974d9e2490fa.pdf](https://55a13921-e05d-4983-b0a0-c00ab9966d84.filesusr.com/ugd/d29a8f_2a839e1131e34ab29501974d9e2490fa.pdf)

Find a song that gets you **motivated** for the day! Maybe it makes you want to get up and dance or do some exercise! Send us your song and we may just use it next month!

To get you started, this is Mrs Gray's <https://www.youtube.com/watch?v=nbcCG7Pk118>

Please below to read a detailed article on how to approach lockdown in the best possible way.

[ArticleBlog SecPupils WellBeing RMJ April 2020 .docx](#)

# COVID-19 Lockdown: Children and Teenagers



Living in isolation is a new experience for all of us. None of us really know how to navigate or look after ourselves in this situation. Here are some tips to help you stay feeling good during this strange time away from your friends and daily routine.

See if any work for you and if they do, keep doing them.



## Routine

Try to stick to some sort of routine while you are at home as this will make you feel more productive and it will help with your sense of well-being.



## Sleep

A regular sleep pattern will improve mood, motivation and energy. Save a lie-in until the weekend.



## Connection

Staying connected with your friends is really important during this time as it will make you feel a part of something. Remember stay connected with people who will make you feel good during this time.



## Mindfulness

Mindfulness is an excellent tool to help us reduce feelings of anxiety and worry and it can increase our sense of happiness and well-being.



## Feelings

Don't dismiss your feelings—they are valid and it's important that you express them. Find someone you can trust to talk to. You could also look at the link in the blog for some free support.



## Limit listening to the news

Be aware of how many times you listen to the news in one day. Be mindful of when you listen to it, too, and how reliable the source of the news may be.



## Stay active

Moving your body is essential to helping us feel great, both mentally and physically.



## Breaks from social media and screens

Try and limit how much time you sit in front of a screen. A varied visual diet is essential for our happiness.



## Nutrition and water

Fuelling our bodies with a variety of foods is essential to keep us feeling happy and energetic. Stay hydrated by drinking lots of water—when we are dehydrated it can really affect our mood.



## Managing family situations

Respect each other's space and express calmly when you need time alone. Put yourself in others' shoes as parents/carers and siblings maybe struggling, too. Find calm ways to resolve conflict in the house.

## Activities and resources

### 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>

**Down Dog Yoga** App- Available for all staff and students to use for free. To register- use your school email address-Free until July 1<sup>st</sup>

### Podcast



#### Who would win?

Like you've never wanted to know who would win in a battle to the death between, say, Loki and Darth Maul? Well, if you have a comic book lover or sci-fi fan, you can bet they've pondered such deep questions. These feisty debates are scientifically researched — and super fun to listen to.

**Places you can visit online** – you can access some of the world's most amazing and famous places, galleries and museums from your house! Links to suggestions for this week:

BritishMuseum <https://britishmuseum.withgoogle.com>

National Gallery of Art, Washington D.C. <https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>

## 'Here's one I tried earlier'

This is where we share your ideas, tips and suggestions.

*Design and make a pizza, research the nutritional value of content, work out how much each portion will cost, the origin of the ingredients you have chosen.*

Nature cam network for animal lovers: <https://explore.org/>

*Every day one member of the family sets a 20 question quiz on general knowledge and then the rest of us answer the questions. It's competitive fun and we are all learning lots of things we didn't know!!! Questions vary from historical, our planet, current affairs, Spanish phrases even the phonetic alphabet. It's such fun ! The topics are endless.*

All ideas, tips and suggestions will be curated by our team and published anonymously. 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.

## Support

### Support for you

#### School website

There are helpful links for further advice on our school website **including online safety** <https://www.toothillschool.co.uk/page.php?p=safeguarding>

#### Childline [www.childline.org.uk](http://www.childline.org.uk)

Comforts, advises and protects children 24 hours a day and offers free confidential counselling.  
Phone 0800 1111 (24 hours) Chat 1-2-1 with a counsellor online

#### Healthy Families Team (formerly school nurse). [www.healthforteens.co.uk](http://www.healthforteens.co.uk)

Easy way for young people to confidentially ask for help about a range of issues, or make an appointment with a school nurse. The number to text is 07507 329952. The service will be available on Mon to Fri 9.00 am – 4.30 pm

#### Young minds [www.youngminds.org.uk](http://www.youngminds.org.uk)

Advice and information about young people's mental health including information on CAMHS and what the next steps to seeking support are.

#### Kooth [www.kooth.com](http://www.kooth.com)

Is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free to access.

#### Anna Freud [www.annafreud.org](http://www.annafreud.org)

Charity providing lots of information on mental health and wellbeing for young people.

#### Samaritans [www.samaritans.org](http://www.samaritans.org)

24 hour confidential listening and support for anyone who needs it. (Adults included.) Phone 116 123 (24 hours) Information and support for mental health issues

#### Harmless- [www.harmless.org.uk](http://www.harmless.org.uk)

provides a range of advice and support about self harm, people who self harm, their friends and families. Phone 0115 934 8445

#### LGBT

Stonewall [www.youngstonewall.org.uk](http://www.youngstonewall.org.uk)

The UK charity for gay, lesbian, bisexual and transgender people and their allies. They offer information, advice. Phone 08000 50 20 20

#### Nottingham LGBT switchboard

Nottingham charity offering advice for LGBT and questioning, people, their friends & family. Phone line open 7-9.15pm Mon-Fri 0115 934 8485.

#### Mermaid trust [www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)

Support for trans and gender diverse children and their parents 0808 801 0400.

**Helpline Open Monday to Friday, 9am to 9pm**

#### B-eat [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

The UK's eating disorder charity. They have online support groups and a helpline for anyone under 18. Phone 0345 634 7650 (4pm – 10pm 365 days a year) Email [fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk)

**The Mix** [www.themix.org.uk](http://www.themix.org.uk)

Information, support and listening on everything for young people . hone 0808 808 4994 (24 hours), get lots of support online

**Drugs and alcohol**

Frank [www.talktofrank.com](http://www.talktofrank.com)

Confidential information and advice about drugs and substance abuse, whether it's for you or someone else. 0800 7766 00 (24 hours, won't show up on your phone bill)

**Thank you for reading!**

**Take Care. Keep in Touch.**

**Contact us**

[School.office@toothillschool.co.uk](mailto:School.office@toothillschool.co.uk)

**Contact us**

The main contact email to use for your school for general enquiries is **[schools insert generic contact info. here]**