

WELL-BEING NEWSLETTER

July 2020

PUPIL Issue 5



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

This is the final issue of this newsletter this academic year.

This is your 'one stop shop' for information and resources to support you during this period.

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=oSIWo5nxF2A> 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:

- <https://www.childline.org.uk/>
- <https://www.annafreud.org/on-my-mind/youth-wellbeing/>
- <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

Special Features

For Primary and KS3

The Breath – an article by Rebecca Morgan-Jones

Link to full article here: [Primary KS3 The Breath BlogArticle RMJ.docx](#)

For KS4 and 5

The Breath – an article by Rebecca Morgan-Jones

Link to full article here: [AdultsKS45 The Breath blog article RMJ.docx](#)

'Here's one I tried earlier'

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

Contact us

The main contact email to use
for your school for general
enquiries is
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