

WELL-BEING NEWSLETTER

May 2020

PUPIL Issue 3



01. What is 'well-being'?
02. Information, guidance and updates
03. Support
04. Special features
05. Activities and resources
06. 'Here's one I tried earlier'

Welcome to the May 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=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

Managing Our Thoughts – an article by Rebecca Morgan-Jones – full text here: [Thoughts BlogArticle May 2020 Pupils RMJ.docx](#)

Things to consider and try

- If you are feeling slightly anxious or worried, what are you thinking? Write your thought down and then look for the evidence that they are false or true. Talk to someone about what you are thinking.
- Could you start asking yourself, is this thought pattern going to make me feel good? If not, find a way to get yourself out of it. Maybe, that's talking to someone.
- Try being 'in the moment' - stop and find three things you can see, three things you can hear and three things you can feel. Practice throughout the day.
- Try stopping and thinking of three things you can see in that very moment that you are grateful for. Practice this throughout the day.
- Try to talk to yourself in the same way you'd talk to a good friend. Often, we are very hard on ourselves.
- Be kind to yourself.

Activities and resources

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>

At 11am every morning, David Walliams reads from one of his books-

<https://www.worldofdavidwalliams.com/category/elevens/>

Secondary and Post-16

Students should keep logging into Microsoft Teams (and/or the packs sent home by school, if this is the case) and check out any additional resources on school's website to keep their learning going. This will also help them stay in touch with school virtually!

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

<https://www.youtube.com/watch?v=Rz0go1pTda8>

Yoga with Adrienne - <https://www.youtube.com/user/yogawithadriene>

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:

British Museum <https://britishmuseum.withgoogle.com>

National Gallery of Art, Washington D.C.

<https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>

Radio 3 – famous people talking about their favourite pieces of art -

<https://www.bbc.co.uk/programmes/m0009bf6>

Channel 4 – Grayson Perry's art club -

<https://www.channel4.com/programmes/graysons-art-club/episode-guide/>

'Here's one I tried earlier'

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

If you've got suggestions for 'Here's one I tried earlier', please email Well-Being@novaeducationtrust.net

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.

Contact us

The main contact email to use
for your school for general
enquiries is
office@garibaldischool.co.uk