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| See the source image  A warm welcome back to school where 2020 sees a new design for our newsletter. I am looking forward to providing you with new and exciting hints and tips to keep yourself and your family healthy, happy and safe.  If you would like any particular topics covering in future newsletters please contact me and I will be more than happy to do so.  I would also like to invite you to contact me at school any time if there is any information or help and advice I can give you on any aspect of health and wellbeing for your family. An appointment is not always necessary – just give me a call.    Image result for mental health first aider logo  MRS A TENNANT  PUPIL SUPPORT MANAGER  Tel: 01704 225332 | |  | EMOTIONAL HEALTH AND WELLBEING NEWSLETTER | | | |
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|  | JANUARY 2020 | | | |
|  | | CREST  CONTENTS   * Avoiding winter viruses * Activities for everyone * Did you know? |
| **AVOIDING WINTER VIRUSES**  **Keep warm**  See the source image  Granny was right - keeping warm can help you avoid coughs, colds and flu. After our exceptionally mild autumn, people won't be used to dressing warmly for wintry weather. So if there's a sudden icy spell, we will be more likely to feel the cold and start to shiver.  Shivering depresses the immune system and this makes us more likely to catch colds. Also, lower levels of sunlight and altered levels of hormones such as melatonin and serotonin negatively affect how the immune system performs. We lose up to 30per cent of our body heat through our heads - so wear a hat.  **Wash your hands**  Although most infections are mainly carried in the air and transmitted by the "aerosol" effect when someone sneezes, germs can be transmitted by physical contact and enter the body when infected hands touch vulnerable parts like our eyes, mouths and noses.  [www.vitality.co.uk/family/kids/healthy-habits/5-ways-for-handwashing-with-kids](http://www.vitality.co.uk/family/kids/healthy-habits/5-ways-for-handwashing-with-kids)  [www.forecast.co.uk/](http://www.forecast.co.uk/)  These areas offer easy access to invading germs despite being equipped with defence mechanisms such as mucous and hairs. Washing hands often - and drying them on disposable paper towels (or laundering hand towels regularly) - can significantly reduce the chances of catching a virus, especially the rotavirus, which tends to infect children and causes vomiting and diarrhoea.  **Watch the weather**  Low cloud, dull and misty conditions tend to bring an increase in germs. Viruses survive longer when the weather is moist. They can hang in the air attached to water droplets more easily, and when it's cloudy and dull there are fewer breezes to blow the germs away. This is the time when you are more likely to catch something, although you may not notice you’ve done so until 10 to 12 days later, the incubation period for many coughs and colds.  **Drink plenty**  See the source image  Doctors recommend we drink about eight glasses of water a day to stay healthy. Water helps the kidneys function properly and flushes out the toxins that accumulate in our bodies.  If you have a cold, being dehydrated makes your mucus drier and thicker and less able to cope against invading bacteria and viruses. If you've already caught a cold, drinking plenty of fluids will help flush out the infection.  **Sleep soundly**  Lack of sleep makes us more prone to infection. It's not a matter of simply sleeping for longer, as some people, especially those who are positively motivated, can have fewer than seven hours' sleep every night and not suffer at all.  Moods also affect our ability to fight off infections and if you feel stressed you are more likely to become ill compared to when you're feeling buoyant, happy and relaxed.  **Keep on moving**  Don't underestimate the importance of regular activity, especially in winter. Apart from keeping our circulation going, regular moderate exercise increases the number of natural killer (NK) cells in our bodies.  [www.nhs.uk/live-well/healthy-body/10-winter-illnesses](http://www.nhs.uk/live-well/healthy-body/10-winter-illnesses)  [www.chroniclelive.co.uk/news/health/norovirus-symptoms-contagious-long-vomit-15410572](http://www.chroniclelive.co.uk/news/health/norovirus-symptoms-contagious-long-vomit-15410572)  These lymphocytes in the bloodstream and the mucosal layer of the nose and airways travel around our bodies scavenging foreign invaders such as bacteria and viruses.  When you exercise, NK levels go up and stay elevated for about 36 hours afterwards. | |
| **ACTIVITIES FOR EVERYONE**   * New year’s walk – don’t forget to wrap up warm   Image result for winter crafts for kids   * Sledging – let’s hope it snows * Check on the neighbours * Feed the birds * Join the Big Garden Birdwatch * Visit a zoo, cave, aquarium or gardens   [www.easypeasyandfun.com/winter-crafts-for-kids-to-make](http://www.easypeasyandfun.com/winter-crafts-for-kids-to-make)  [www.dltk-holidays.com/winter](http://www.dltk-holidays.com/winter)         * Winter crafts – see website ideas * Collect shells on the beach * Make a collage from natural materials * Bake cakes * Learn a new skill – weaving, calligraphy, sewing * Build a model out of scrap material * Learn to speak a new language | |
| DID YOU KNOW?  See the source image   * The lowest temperature ever recorded was at Vostok Station in Antarctica. On July 21, 1983, it was -98.2 degrees Celsius (-128.6 Fahrenheit) there! * Some of the other coldest places in the world are Russia, specifically Siberia, Finland and Mongolia. * The months December, January, and February are winter months in the Northern Hemisphere but in the Southern Hemisphere, for example in Australia the coldest months of the year are actually June, July, and August! * At -40 degrees Celsius, which is also -40 degrees Fahrenheit, the condensation from your breath can actually [**freeze**](https://www.kidzworld.com/article/4392-the-chilling-truth-about-brain-freeze). * Depending on the season, some animals actually change colour! For example, the arctic fox's fur changes to white during the winter so that it can better blend in with the snow.   [www.did-you-knows.com/](http://www.did-you-knows.com/)  [www.kidsworldfun.com/did-you-know.php](http://www.kidsworldfun.com/did-you-know.php)  [www.fun-facts.org.uk/](http://www.fun-facts.org.uk/)   * Monarch butterflies actually migrate to avoid cold weather; starting in early fall, they start their long journey south, and arrive at a very specific location in Mexico in November. They start heading back up north in the spring-time. * Many animals, such as the black [**bear**](https://www.kidzworld.com/article/29814-polar-bear-fun-facts), hibernate during the winter. In the winter, a black bear's heartbeat can slow to 8 beats a minute (from the usual 40) and it can go as long as 100 days without food! | |
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| Link | Website: | |  |  |  | | |  |
| www.bellowscollege.com | | 215-555-0134 | someone@example.com |

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