

KEEP CONNECT
LEARNING
BE ACTIVE
TAKE NOTICE
GIVE

The five ways to wellbeing

The current Covid-19 crisis is changing daily. This week our hope is to help you find a sense of calm amongst all the uncertainties. We will share our top tips to help adjust to these unsettling times.

Welcome to edition 21 of The Weekly Wellbeing Toolkit. As we are preparing to go back into school to continue our learning there are bound to be students who are nervous about being back in the school environment. This week, I have included lots of help and advice for the preparation to go back. We are looking forward to seeing everyone next week.



This focus for this week will be back to learning in school.



Preparing your child for returning to school

With plans being made to reopen schools for more pupils, as a parent or carer you may feel concerned about your child returning to school, especially if they find change difficult to handle.

Here are some things that you can do to help prepare your child and to gain a sense of control over the uncertainties.

- 1 Think about your child's individual needs:** each young person has their own personality, strengths and requirements so will need different preparation and support.
- 2 Find out your child's worries:** are they worried about catching the virus or family members getting sick? Once you know their concerns, you can provide them with information and reassurance to help them feel safe at school.
- 3 Share with teachers and support staff your family's lockdown experience,** as this will affect how your child will feel about returning to school. For some families, just getting through each day has been the priority, while others will have lost someone close to them. This will help school staff to provide the support your child needs.
- 4 Work together** with your child's teacher and other professionals to agree a 'return to school' plan. It will help to think about what time your child will start and finish school, who will meet them and where they'll spend breaktime. You can add more details as they become known.
- 5 Use your child's preferred communication method.** Your child could help write their own 'return to school' plan. Other children may find symbols, photos or videos more helpful. **Social stories** which use short descriptions of a situation or activity can help children understand and cope with changes.
- 6 Think about what will be the same** when your child returns to school, such as their teachers and uniform. Focusing on this first will be reassuring and help reduce their anxiety.
- 7 Find out how the school environment will be different,** such as the number of desks in classrooms. School staff may be able to provide photos or videos so your child can see what school will look like. Remember, certain changes may benefit your child, for example fewer children may reduce the risk of sensory overload.
- 8 Consider how changes to school routines and activities will affect your child:** for example, there could be new rules about entering and moving around school. Some activities that your child enjoys may not be allowed, such as swimming. Help your child to understand those changes to their school day and why they are happening.
- 9 Think about what you learned about your child during lockdown.** Did certain activities calm your child down? Did regular movement breaks improve their focus? Share this with their teacher. It could also help to continue some of the activities you started in lockdown once schools reopen.

Website links

Social stories: autism.org.uk/about/strategies/social-stories-comic-strips



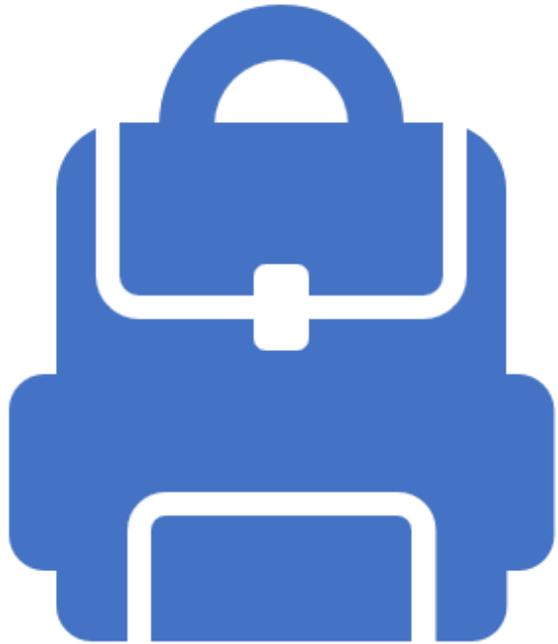
For Parents



[Tips for parents and caregivers – preparing your child to return to school | Mental Health Foundation](#)

The Mental Health Foundation is an excellent source of advice and support for parents and they have lots to offer in the way of practical advice on their website. They are really worth a visit if you are searching for help or strategies for your children. The link above will help you get started.

For Parents



Tips to prepare your child for the return to school.

- Make sure they know where their school bag is, it will be a while since they have needed it.
- Have they got all their equipment? This includes a reading book.
- Does their uniform still fit and do they know where it is? Ties can have a habit of disappearing!
- Are shoes where you thought they were? Do they fit? Are they clean?
- If your child carries their own hand sanitiser, have you got some in?
- There is no school food available. Maybe discuss what your child will take. You might want to include a first day treat?
- Make sure your child knows what they are doing for EEL day.
- If you have agreed for your child to have the lateral flow test, run through what they should expect.
- Remember to set your alarm on Sunday night.

This advice on how to listen to your child's concerns comes from a website called "The School Run" Mostly aimed at primary students, it does have some good advice for secondary students/parents as well

Top tips for being an active listener

At this time of uncertainty, it's important to be a good listener to your child so they feel they can talk to you about their feelings. Try these steps to becoming an active listener.

1. Turn devices off to show that you're listening.
2. Squat down to the same level as your child and maintain eye contact. Be aware, though, that older children and teenagers often don't like eye contact.
3. Smile and use a gentle tone of voice.
4. Try to avoid impatient body language like eye rolling, foot tapping or sighing. This can discourage children from talking.
5. Put your own thoughts and feelings to one side.
6. Allow your child space to talk without interrupting or contradicting them.
7. Don't be afraid of silence if your child is using it to reflect and think, but step in if the silence feels uncomfortable.
8. Find encouraging things to say, like 'Tell me more,' 'And then?' and 'Go on, what else?'

Six Anxiety Busters For Parents To Use With Their Children.

If your child is feeling unsettled about going back to school, these exercises could help to reduce their feelings of anxiety.

If one doesn't work, just try another, and then make it a valued part of their day.

Mindfulness breathing: Focus on your breath and imagine a sailing boat that rises and falls on a wave with each breath. Alternatively, imagine your breath as a colour (breathe in blue and breathe out yellow).

Body scan: Lie on the floor in a comfortable position. Close your eyes, squeeze every muscle as tight as you can and then relax all your muscles. Think about how your body feels. Squish your toes and feet, squeeze your hands into fists and make your legs and arms as hard as stone. After a few seconds, release and relax your toes, feet, hands, legs and arms.

Heartbeat exercise: Jump up and down or do star jumps for one minute. Sit down and put your hand over your heart, then close your eyes and pay attention to your heartbeat and your breath.

One-minute breathing: Using a timer, how many breaths can you count in one minute? One breath counts as in and out.

Breathing buddies: Lie down and place a soft toy, cuddly, small pillow or cushion on your belly. Notice how it rises and falls with your breath. Pay attention to the rise and fall for a few breaths.

54321: This technique will take your child through their five senses to help remind them of the present. Take a deep breath and then notice five things you can see, four things you can hear, three things you can touch, two things you can smell and then take one more deep breath.

For students

Wellbeing email address

If you feel you need any extra help and support or you want anyone to talk to or discuss things, with we have a new email address that you can use to contact us in school

Think of it as a worry box but you send an email with your worries. The email will be checked by Miss Laidlaw or Mrs Heins and they will respond to you to offer you whatever support you need.

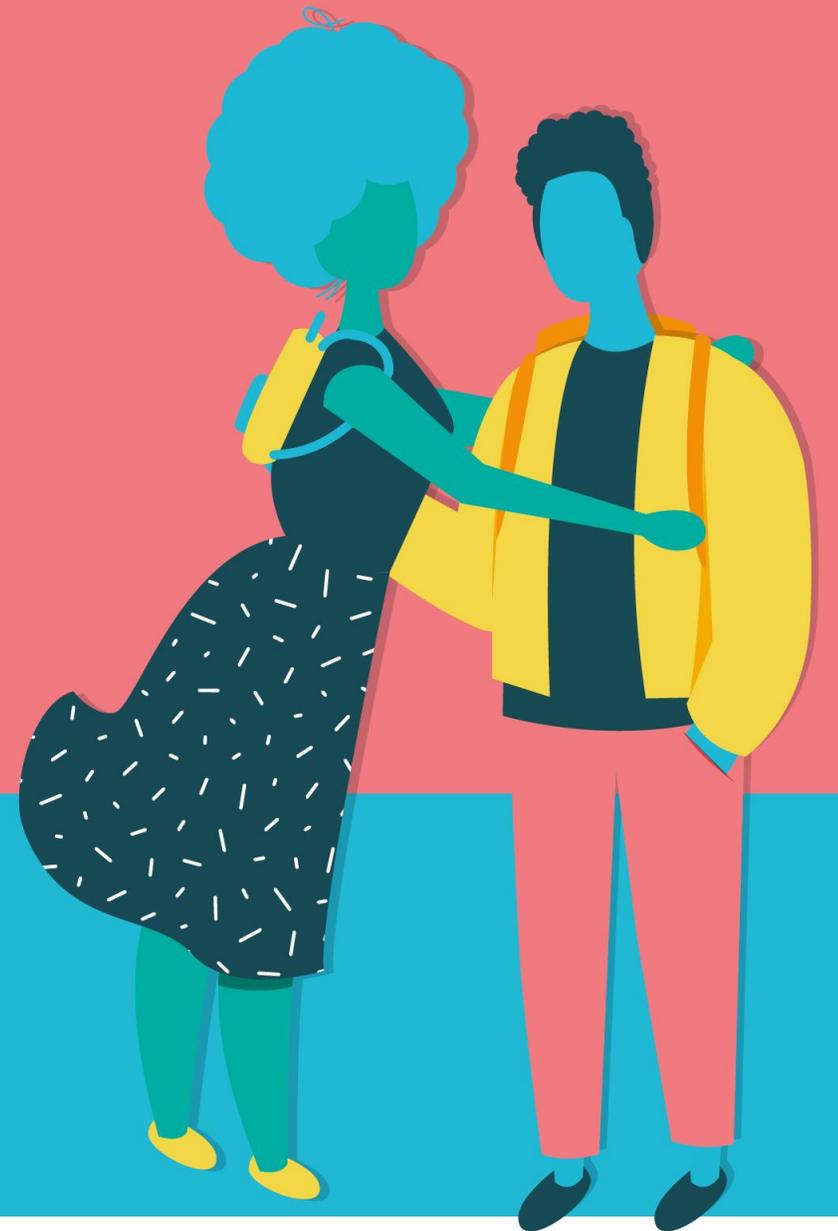
If you feel you need some support or reassurance use
wellbeing.bbs@taw.org.uk



Treat yourself like you would a friend

If a friend was going through a difficult time and needed support, think how you would treat them and then extend the same courtesy to yourself.

“Sometimes it’s much easier to cut other people slack than ourselves, says Dr Green. “Remember, it is ok to not feel ok; you are human and you deserve some TLC.”





It's good to talk!

The pandemic has affected us all in different ways and it's important to remember that if you're feeling anxious or worried, opening up about how you are feeling and what you have experienced (good or bad!) can be a really helpful step in acknowledging that things are different and also finding new ways of managing.

“Whether it’s with friends, family or trusted teachers, allowing yourself to share your thoughts with others rather than bottling things up will help you to make sense of things,”

says Dr. Lynne Green, Chief Clinical Officer, Kooth.





Hold onto your healthy habits

Covid-19 has likely challenged and changed ways in which you eat, exercise and socialise - restaurants were closed, clubs, gyms and sporting activities were paused and social gatherings were severely limited. Now is the time to start picking these back up as appropriate in line with new guidance, says Dr Green.

“Whether it’s going for walks with friends or re-joining sports clubs, these sorts of activities help us to maintain a good work/life balance which will in turn enhance your mental wellbeing.”



For students

Mental Health Support

Children and Young People:



24/hr Crisis Support.
Text YM to 85258.



Visit kooth.com
Free, safe and anonymous online
counselling for young people.



Call 0800 1111 for free counselling
service for children under 19.



YESS offers therapy to children, young
people and adults. Call 01889567756.

Parents/Carers and Families:



Parent Helpline 0808 802 5544.



The Give us a Shout text service is available
24/7 for parents and carers.
Text Shout to 85258.



CareLine is a confidential telephone
and/or email service;
[mail@cff.org.uk/02920810800](mailto:mail@cff.org.uk).



Families can call the helpline on 0808 800
2222, email at askus@familylives.org.uk,
or use the online chat service.

LOCKDOWN CLUBS

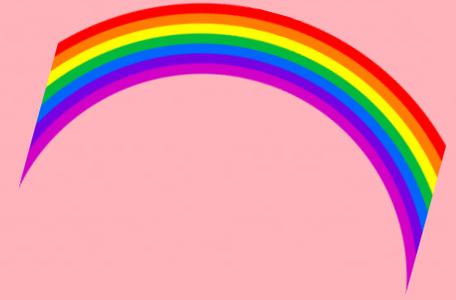
You might be stuck at home, but we still have a lot going on!

We know that school is more than a place of learning. It is an essential part of the community and plays an important role in allowing our young people to have fun and interact with each other. To support students during this period of lockdown, we will have all these Lockdown Clubs available.

You can join via the MS Team called Extra-curricular. There will then be a channel for the club.

Day	Club	Who	Time
Mon	Y10 and Y11 Netballers 'Tea and Talk' (Y10 white week, y11 blue week)	Miss Stockdale	3.15pm
Tues	Science Club	Miss Yates	4pm
Wed	Netball Club Year 7 & 8 training: Wednesday 3:15-3:45pm Year 9 training: Wednesday 3:45-4:15pm Year 10 training: Wednesday 4:15-4:45pm Year 11 training: Wednesday 4:45-5:15pm	Miss Stockdale	3.15pm
	Just Dance Club	Miss Gatt	3.15pm
	Fitness Club (KMA)	Mr Mainwaring	3.15pm
	Rugby Club (EMU)	Mr Murphy	3.15pm
	Eco-com/Democracy	Miss Beaver	4.30pm
	Mock Trial Team	Mr Allen	4pm
	Journalism Club	Miss Jones	4.30pm
Thur	Art Club	Miss Barre	4pm
	Table top Games (Y9-11)	Mr Warren	4pm
	Young Writers Club	Miss Griffiths	4pm

The Rainbow Room



A club for LGBTQ+ people and LGBTQ+ allies: On Teams!

Please email
amy.richards3@taw.org.uk or
message Miss Richards on
Teams if you would like to
join

- No actual 'meetings' - open always
- Online safe place for LGBTQ+ young people
- Share helpful resources, e.g. books, YouTube videos, articles
 - Ask questions
 - Chat to each other

Telford African & Afro-Caribbean Resource Centre

TAARC

In Partnership with Elim Community Church, TAARC runs a virtual youth club called Awaken Youth every Thursday from 7.45pm – 9pm.

There are always 3-5 DBS checked leaders available every session.

They play games and also discuss world views, faith, tough questions and school life.

For more details, look on Telford Elim's website www.telfordelim.com

To register for the Zoom meeting, email Natalie Headley
natalie.headley@taarc.org.uk

For Students

Mental and Emotional Wellbeing

These are some links that you might find useful to support your emotional wellbeing

- **Mental Health Foundation** - <https://menorg.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak> - practical tips to stay in good mental health whilst we stay at home.
- **See me** - <https://www.seemescotlaorg/young-people/resources/> - resources for young people and adults to promote the importance of talking about mental health and providing resources to facilitate this.
- **Mind** - <https://www.minorg.uk/information-support/for-children-and-young-people/understanding-my-feelings/> - information for young people about their emotions and feelings and how to seek the help needed.
- **Childline** - <https://www.childline.org.uk/info-advice/> - practical advice and support for children and young people on a range of topics affecting their health and wellbeing.
- **Headspace** - <https://www.headspace.com/> or App
- **Calm** - <https://www.calm.com/> or App

For everyone



ACTION CALENDAR: MINDFUL MARCH 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice five things that are beautiful in the world outside	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself. Try to use kind words	5 Take three calm breaths at regular intervals during your day	6 Bring to mind people you care about and send love to them	7 Have a 'no plans' day and notice how that feels
8 Eat mindfully. Appreciate the taste, texture & smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that need doing
15 Stop, breathe and just notice. Repeat regularly during the day	16 Get really absorbed with an interesting or creative activity	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Cultivate a feeling of loving-kindness towards others today	20 Celebrate the International Day of Happiness dayofhappiness.net	21 Listen to a piece of music without doing anything else
22 Walk a different route today and see what you notice	23 Tune in to your feelings, without judging or trying to change	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Notice when you're tired and take a break as soon as possible	27 Have a device-free day and enjoy the space it offers	28 Appreciate nature around you, wherever you are
29 Notice what is working today and be thankful that this is so	30 Mentally scan down your body and notice what it is feeling	31 Notice the joy to be found in the simple things of life	<p>"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn</p> 			

ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

Happier · Kinder · Together

For start

March Challenge (perfect for self care)

- The goal is to try to exceed the 50km goal from February in the month of March This month is very much set a target that suits you. If anybody is interested then let Liam Davies know and he will add you to the group. At the end of each week we will check in with each other, see how we are getting on and help motivate each other to reach our targets. If you didn't join in in January then that's fine, you can begin in March.
- Liam will email everyone involved at the beginning of each week to see how the challenge is going and hopefully we can all motivate one another. If you're struggling to stay motivated or you have just done your longest walk yet or your best run time or anything like that then Liam know and he will share it. You can also use the Strava ap to log how far you are running!
- We can also link this challenge with Kev's BBS PE running club challenge on Strava as well, as they have set a fantastic challenge on there.





Self-care for Educators & Caregivers

Self-care at a time like this is key. We can't be available for our children if we don't have the energy or bandwidth ourselves.

- 1 Pay attention to how you're feeling.
- 2 Limit your news intake.
- 3 Be forgiving, embrace do-overs.
- 4 Be generous with yourself and others.
- 5 Remember to breathe.
- 6 Focus on gratitude.
- 7 Keep a journal.
- 8 Maintain a regular contemplative practice.
- 9 Move & exercise daily, if you are able.
- 10 Seek out nature, fresh air, and sunlight.
- 11 Nourish your body and soul.
- 12 Distance yes, but only physically.

GET YOUR DAILY D.O.S.E.

How to get your daily DOSE of happiness chemicals



2 How Deficiency Affects You

- | | | | |
|---|---|--|--|
| <ul style="list-style-type: none"> procrastination low self-esteem lack of motivation low energy or fatigue inability to focus feeling anxious feeling hopeless mood swings | <ul style="list-style-type: none"> feeling lonely stressed lack of motivation low energy or fatigue disconnect of relationships feeling anxious insomnia | <ul style="list-style-type: none"> low self-esteem overly sensitive anxiety/panic attacks mood swings feeling hopeless social phobia obsession/compulsion insomnia | <ul style="list-style-type: none"> anxiety depression mood swings aches and pains insomnia impulsive behaviour |
|---|---|--|--|



3 How to Increase Happiness Levels

- | | | | |
|---|--|---|--|
| <ul style="list-style-type: none"> meditate daily to do list long term goals food rich in L-Tyrosine exercise regularly create something: writing, music or art | <ul style="list-style-type: none"> physical touch socializing massage acupuncture listening to music exercise cold shower meditate | <ul style="list-style-type: none"> exercise cold showers sunlight massage | <ul style="list-style-type: none"> laughter/crying creating music/art eat dark chocolate eat spicy foods exercise/stretching massage meditate |
|---|--|---|--|

Help for staff returning to school after lockdown

- The Mental Health Foundation has some great resources for school staff.
- This section of their guide on [returning to school after the coronavirus lockdown](#) provides advice on how teachers can look after their own mental health when schools resume face to face teaching.
- [Looking after your mental health as a teacher | Mental Health Foundation](#)

The NSPCC logo consists of a green square with the letters 'NSPCC' in white, bold, sans-serif font. This square is centered within a white circle that has a thick, hand-painted blue border. The background of the slide is white with some faint blue splatters around the circle.

NSPCC

- The NSPCC has lots of useful information for staff in education around making the transition back to school for students a positive one. If this is something you wanted some support on this link will take you to their support pages.
- [Coronavirus: transitioning back to school | NSPCC Learning](#)

HOW CAN TEACHERS LOOK AFTER THEIR

MENTAL HEALTH

 @BELIEVEPHQ



RELATIONSHIPS
Connect and develop with colleagues. Get to know who you are working with



COPING SKILLS
Spend time to develop some coping skills such as thought challenging and cognitive restructuring



SELF CARE
Look after yourself. Make sure you are getting plenty of sleep and eating a well balanced diet



EXERCISE
Exercise is a great way to boost mood and reduce stress and anxiety



SUPPORT
If you are struggling don't be afraid to ask for help

BREAKS
Take a break. Know your limits and give yourself a break from marking at home



PRESSURE
Reduce the amount of pressure you put on yourself. Strive for progress not perfection



RELAX
Slow down. Learn to breathe properly and take time to relax



TALK
Don't be afraid to speak to friends or family if you are struggling with things



WORKLOAD
Stay on top of things and try to stay organised throughout the week



Free Daily Resources For Children



PE with Joe Wicks On YouTube

Week days at 9am but you can visit any time on youtube to view the workout.

Wildlife With with Steve Backshall On Facebook

Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.



Science with Maddie Moate on YouTube

Weekdays 11am. Maddie & Greg chat about science and nature!

Dance with Oti Mabuse On Facebook

Every day at 11.30am but children can view the class at any time.



Maths With Carol Vorderman

Free access to the her maths website:
www.themathsfactor.com

Music with Myleene Klass on YouTube

Twice a week. Next one Friday 27 March 10am, but can view any time.



Storytime With David Walliams

Free story everyday at 11am on his website:
www.worldofdavidwalliams.com

Millie's Cookies!

This recipe is certainly a favourite in our house



Ingredients

- 125g butter, softened
- 100g light brown soft sugar
- 125g caster sugar
- 1 egg, lightly beaten
- 1 tsp vanilla extract
- 225g self-raising flour
- ½ tsp salt
- 200g chocolate chips

Method

- **STEP 1** Preheat the oven to 180°C, gas mark 4
- **STEP 2** Cream butter and sugars, once creamed, combine in the egg and vanilla.
- **STEP 3** Sift in the flour and salt, then the chocolate chips.
- **STEP 4** Roll into walnut size balls, for a more homemade look, or roll into a long, thick sausage shape and slice to make neater looking cookies.
- **STEP 5** Place on ungreased baking paper. If you want to have the real Millies experience then bake for just 7 minutes, till the cookies are just setting - the cookies will be really doughy and delicious. Otherwise cook for 10 minutes until just golden round the edges.
- **STEP 6** Take out of the oven and leave to harden for a minute before transferring to a wire cooling rack. These are great warm, and they also store well, if they don't all get eaten straight away!

Book Recommendations

- **Wellbeing:**

- Mental Health and Wellbeing in the Workplace: A Practical Guide for Employers and Employees by Gill Hasson

-

- Blurb: The importance of good mental health and wellbeing in the workplace is a subject of increased public awareness and governmental attention. The Department of Health advises that one in four people will experience a mental health issue at some point in their lives. Although a number of recent developments and initiatives have raised the profile of this crucial issue, employers are experiencing challenges in promoting the mental health and wellbeing of their employees. Wellbeing & Mental Health in the Workplace contains expert guidance for improving mental health and supporting those experiencing mental ill health.

- **Adults:**

- Sapiens: A Brief History of Humankind by Yuval Noah Harari

-

- Blurb: Earth is 4.5 billion years old. In just a fraction of that time, one species among countless others has conquered it: us. In this bold and provocative book, Yuval Noah Harari explores who we are, how we got here and where we're going.

Children:

- Poems to Live Your Life By by Chris Riddell

-

- Blurb: This gorgeously illustrated collection includes forty-six poems and is divided into sections covering: musings, youth, family, love, imaginings, nature, war and endings.

This week's Kahoot is here:

https://kahoot.it/challenge/05792910?challenge-id=67d6d8a2-6693-48e1-bc4a-3e38818bc1ff_1614939821915

Pin: 05792910

The leaderboard is here:

Rank	Team Name	Score
1	Team S	4,771
2	B Team	2,837
3	Ghost Rider	1,834
4	Sargies	952
5	King Chris	927