

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.

### For Everyone

Limit your digital interaction and use of the internet to contact with friends and family. Avoid social media where possible, especially as it fills with conspiracy theories and fake news.

Make use of your garden or balcony, and of your daily opportunity to exercise outside. Do you notice the birds? The clarity of the air? Venus so bright in the evening sky? Take part in our BBS garden bird count.

Take advantage of the lighter evenings for your exercise or gardening.

It may help to create time slots for mealtimes, homework, friends (even if via social media), exercise, TV, etc, and do make sure you all maintain good sleep habits.

### **Government guidance**

on supporting children and young people's mental health <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

## For Children:

- Wellbeing for children at home; a virtual workshop with Elizabeth Wright and Frederika Roberts [https://drive.google.com/file/d/1tICG1g6jDGNaga7p6MAMBSm\\_InVyF0Tj/view](https://drive.google.com/file/d/1tICG1g6jDGNaga7p6MAMBSm_InVyF0Tj/view)

# MENTAL HEALTH AND COPING DURING CORONAVIRUS

## REACTIONS YOU MAY FEEL INCLUDE:

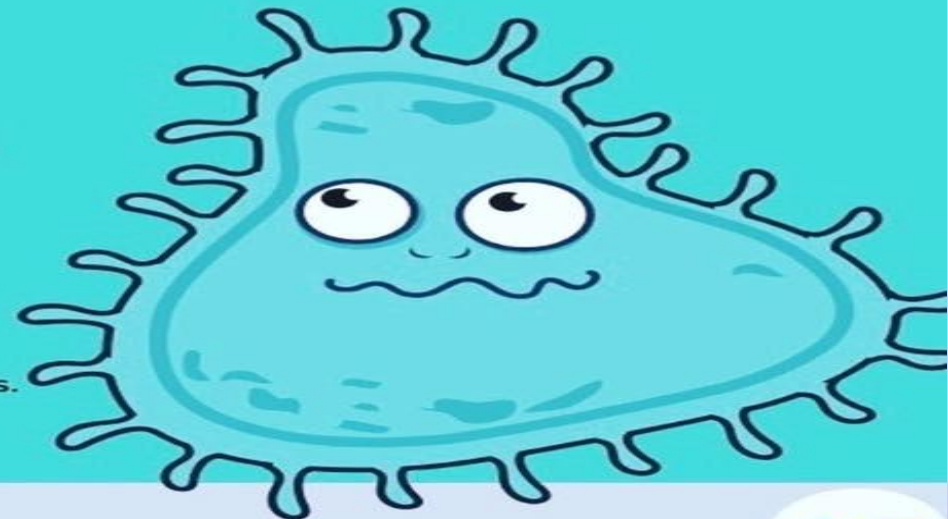
- Fear and worry about your own health status and that of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty concentrating.
- Worsening of chronic health problems.
- Increased use of alcohol, tobacco, or other drugs.

## THINGS YOU CAN DO TO SUPPORT YOURSELF:

- Avoid excessive exposure to media coverage of Coronavirus.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- Make time to unwind and remind yourself that strong feelings will fade.
- Connect with others and share your concerns and how you are feeling with friends or family members.
- Maintain healthy relationships.
- Maintain a sense of hope and positive thinking.

## TAKING CARE OF YOUR WELLBEING:

- Connect with people
- Decide on your routine
- Try to keep active
- Keep your mind stimulated
- Take care with news and information
- Find ways to relax and be creative



With all of us playing our part by staying safe at home, we are adapting to new routines. Resilience is what allows us to deal with the uncertainty and get through these times in the best way – and we're here to help.

.Six 1-hour live resilience sessions to develop our mental muscle, gain perspective and thrive through difficult times! Explore and build your resilience, and we will provide you with learning materials for your children. Aimed at parents of children aged nine and above who want to learn resilience skills for themselves and their children. Join the first session free – the following five can then be purchased for £10\*.

<https://bounceforward.com/raising-resilience-free-session/>

From [www.mindheart.co](http://www.mindheart.co) a pdf in a range of languages, explaining the virus to children <https://www.mindheart.co/descargables>

The link below is for an online safety resource pack for parents to use with their children from Severn Teaching Alliance

[https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm\\_source=Thinkuknow&utm\\_campaign=46e6250b3e-](https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm_source=Thinkuknow&utm_campaign=46e6250b3e-)

[TUK ONLINE SAFETY AT HOME 07 04 20&utm\\_medium=email&utm\\_term=0\\_0b54505554-46e6250b3e-54122341](https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm_source=Thinkuknow&utm_campaign=46e6250b3e-54122341)

## Some advice for staff from an article in the TES

To read the whole article follow the link: <https://www.tes.com/news/lockdown-life-5-work-life-balance-tips-follow>

### 1. Choose your working hours and stick to them

While some teachers are taking part in scheduled Zoom lessons with their students, much of our time is self-directed. As such, schedule your time in a way that works for you.

That may be working with your own children in the morning and then settling down to an afternoon in front of the laptop; or, if your online class has a tendency to work in the evening, logging on in the morning to check in and completing any planning, and then marking students' work in the evening.

How you use your time may change day by day depending on school and home demands, but don't fall into the trap of logging on at 7am and off at 9pm while also trying to manage the rest of the household, getting in your daily exercise and taking time out for yourself.

It's not feasible and only serves to leave you operating below your best.

### 2. Turn off your school email notifications on your phone

Controversial maybe, but unless you're senior leadership team or designated safeguarding lead, you're not going to get emails saying that a student needs to go to reception this minute.

Check them as and when you need to, but on your terms and when you're in a position to deal with them.

This is not an idle suggestion, either: once you've logged off for the day, that's it – you're done. Unwind and relax, just as you normally would.

### 3. Allocate part of your working day to social media

There have never been as many amazing resources available or as much support for teachers on social media platforms as there are right now.

Many teachers are spending hours trawling through inspiring lesson ideas and chatting to other teachers on Twitter and Facebook.

While this communication is a real positive to come out of the current situation, you can find yourself trapped in a social media cycle, going from one site to the next on repeat, often throughout the day and into the evening. This can not only be exhausting but also upsetting or stressful.

Build in a specific amount of time during your working day for research and professional chat and try to keep to it.

### 4. Take your daily exercise

Like everyone else, teachers are entitled to their one trip out a day for exercise. We are used to constant movement around a classroom, to the staffroom and, on a good day, to the toilet!

Sitting at a desk or on the sofa with a laptop is not natural for us. Turn your phone off, get outside and allow yourself to relax and not be a teacher.

### 5. Take the advice you've given your students

As a profession, we're naturally caring and nurturing. Over the past few weeks, we've all checked in with students, given advice and directed them to resources to support their wellbeing in this new and frightening situation.

What would we say to the student who is working 12 hours a day, seven days a week and not taking proper breaks? Why are we not taking our own advice?

# Wildlife corner: Passerine birds - Tits

These birds are commonly found in gardens across the UK. They are all members of the order Passeriformes (the songbirds), specifically they are all members of the family Paridae.

They can look similar, but if you know what to look for you can see the differences between these three species.

The blue tit ***C. caeruleus*** they are bright blue with white cheeks. They have a black stripe on their cheeks.

The coal tit ***P. ater*** they are smaller than the blue and great tits, they have no yellow on them, and they have white spot on the back of their heads

The great tit ***P. major*** these are the biggest of the three. They have a black head, blue wings and a yellow underside. They are identified mainly by the black stripe on their underside. Males have a wider stripe than females.

Level of classification	Taxonomy
Kingdom	Animalia
Phylum	Chordata
Class	Aves
Order	Passeriformes
Family	Paridae
Genus	(see picture)
Species	(see picture)



***Cyanistes caeruleus***



***Periparus ater***



***Parus major***

# Burton Borough Birdwatch

- Every year the RSBP does “The garden birdwatch” people up and down the country count all the birds they see in their gardens and the RSPB use this data to see the spread and numbers of different species of birds across the UK.
- During the shutdown, we are going to do the BBB (Burton Borough Birdwatch).
- Each week you will be given some information about commonly seen UK birds
- You need to choose 1 hour to sit and watch your garden and count the different types of bird that land. (do not count birds that fly over).
- You can send the data to school along with the time and date collected and we will crunch the numbers to look at the populations of garden birds in Newport and surroundings.

If you can't have a day out, let the day out come to you!

How about a virtual tour of the National Air and Space Museum, Washington DC?

Click on the link here:

<https://airandspace.si.edu/anywhere>





# 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](http://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](http://www.worldofdavidwalliams.com)

**Recipe corner:** This week's recipe was sent us by Mrs Webster who works as part of our Central Admin Team and is often on Reception.

## Corned Beef Hash

**One tin of corned beef**

**One Onion**

**Two carrots**

**Tablespoon of brown sauce**

**Four large potatoes**

**Ovenproof dish**

**Handful of breadcrumbs**

**Grated cheese to Garnish**

**Splash of olive oil**

**Splash of milk**

**Knob of butter**

**Peel and prepare potatoes – boil for about twenty minutes in salted water.**

**Peel and chop carrots – boil for about ten minutes**

**Peel and chop onion and gently fry in olive oil until soft add carrots**

**Mash the potatoes with milk and butter until soft**

**Chop corned beef into small chunks and add to onion and carrot mixture and add the mashed potato and brown sauce and mix well.**

**Put mixture into ovenproof dish, cover with breadcrumbs and grated cheese.**

**Put into a preheated oven 190oC and cook for about twenty minutes.**

**Serve with vegetables and pickles.**

**So, so easy and really yummy – a family favourite of ours.**

## Book recommendations

This week's book recommendations have come from Mr Dunbar. We would all like to say welcome back to him after his adoption leave.

### **Wellbeing:**

The Little Book of Mindfulness: 10 minutes a day to less stress, more peace – Dr Patrizia Collard

Dr Patrizia Collard shows you how to bring simple 5 and 10 minute practices into your day in order to find more peace in your life.

### **Adults:**

The Salt Path - Raynor Wynn

The Salt Path is an honest and life-affirming true story of coming to terms with grief and the healing power of the natural world. It is a portrayal of home and how it can be lost, rebuilt and rediscovered in the most unexpected ways.

### **Children:**

A Year Full of Stories: 52 folk tales and legends from around the world – Angela McAllister

Get lost in a year of stories as you journey around the world reading tale after tale from distant lands to commemorate the changing seasons, cultural events and international festivals throughout the year.

**Last but not least and back by popular demand: Our weekly CLL quiz.**

We are going to continue this well loved and popular quiz through Kahoot. Each week I will put the link to Kahoot and the Pin number you need to access it.

This is a nice idea for the whole family to take part in. It is topical questions taken from events from the previous week.

Give yourself a team name and we will publish a weekly leader board to see who our top teams are.

[https://kahoot.it/challenge/04502254?challenge-id=67d6d8a2-6693-48e1-bc4a-3e38818bc1ff\\_1587118232830](https://kahoot.it/challenge/04502254?challenge-id=67d6d8a2-6693-48e1-bc4a-3e38818bc1ff_1587118232830)