

WELL-BEING NEWSLETTER

June 2020

PUPIL Issue 4



Welcome to the June 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

Gratitude – an article by Rebecca Morgan-Jones

Full text here: [../Gratitude BlogArticle RMJ Pupils .docx](#)

Ways you could use the idea of 'gratitude':

- Every morning and every night - think of three things you are grateful for. Or, think of one thing you are grateful for, one thing you have done that has made you feel proud or one thing that you have done that is kind.
- Write it down – keep a journal and write your thoughts in it. It's good to revisit when you're struggling to feel thankful.
- Just say 'thank you' over and over again in situations where you may feel nervous or an emotion that is not helpful. You don't have to be saying 'thank you' for anything in particular, just the words can have a positive impact on the brain, which has a knock-on effect on how we feel and act.
- Create visual reminders like sticky notes, pictures or written text.
- Be specific – being grateful for your friends is great, but what is it that they do that you are actually thankful for?

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'

- The small things – the breeze on your skin, the sun on your face, a warm, cosy bed. Encouraging our brain to see the small 'wins' stops us wanting big fixes in life. According to Harvard Happiness researcher, Shawn Achor, doing this for 21 days will encourage the brain to look at the world in a very different way. You'll see the world's positives rather than its threats.
- Actually say 'thank you' to people.

Activities and resources

For all

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/>

Child line – understand me – Black Lives Matter - <https://www.childline.org.uk/info-advice/bullying-abuse-safety/your-rights/understand-me/>

How to talk kids about Race https://www.youtube.com/watch?v=QNEKbVg_ou4

Doll test - The effects of racism on children <https://www.youtube.com/watch?v=QRZPw-9sJtQ>

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 Monday, Wednesday and Saturday at 9am – link to first session here - <https://www.youtube.com/watch?v=Rz0go1pTda8>

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

Have you seen that JK Rowling, the author of the Harry Potter book series, has published a new story called 'The Ickabog' online? If you like drawing, there's also a competition where you can enter an illustration for each chapter. She will use some of the illustrations when the book is printed. Have a look! <https://www.theickabog.com/home/>

Draw with Rob Biddulph - https://www.youtube.com/channel/UCBpgrJijMpk_pyp9uTbxLdg

Fun Kids Science Weekly - <https://www.funkidslive.com/podcast/the-fun-kids-science-weekly>

Big History Project - <https://www.bighistoryproject.com/home>

Why black lives matter – Ellis Fearon TEDX – Youth - <https://www.youtube.com/watch?v=A7EZWBIUUQ>

'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 is enquiries@nuast.org.

