

WELL-BEING NEWSLETTER

July 2020

PUPIL Issue 5



Welcome to the July issue of our 'Work Hard; Be Kind; Well-being' newsletter!

This is the final issue of this newsletter this academic year.

This is your 'one stop shop' for information and resources to support you during this period.

01. What is 'well-being'?

02. Information, guidance and updates

03. Support

04. Special features

05. Activities and resources



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

For Primary and KS3

The Breath – an article by Rebecca Morgan-Jones

Link to full article here: [Primary KS3 The Breath BlogArticle RMJ.docx](#)

For KS4 and 5

The Breath – an article by Rebecca Morgan-Jones

Link to full article here: [AdultsKS45 The Breath blog article RMJ.docx](#)



