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|  | WELL-BEING NEWSLETTER |  **April 2020**  **PUPIL Issue 2** | |  |
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|  |  | Welcome to the April 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. 01. 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! 0.2 Support **Are you feeling okay? How do you know if you are or not? Click on:**  <https://www.youtube.com/watch?v=CtiO3aF79cU> to watch a video to help you understand…    Other links you might find helpful too:   * <https://www.childline.org.uk/> * <https://www.annafreud.org/on-my-mind/youth-wellbeing/> * <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>  0.3 Information, guidance and updates  04. Special Activities  * Try baking a pizza – what toppings do you like? Are you a pineapple or no pineapple type of pizza-eater?? * Love music? How about trying to beatbox? [Click here](https://www.thenational.academy/year-4/foundation/to-beatbox-using-rhythmic-patterns-year-4-wk2-5) for your first session. Enjoy!      05. Activities and resources  * Continue to keep active every day with the fab Joe Wickes. [Click here.](https://www.youtube.com/watch?v=ybn_SO990go&list=PLyCLoPd4VxBudCnXPQCehUq4iBnmPTKZm)        * Can you write 3 top tips for doing your favourite exercise correctly and safely? * Would you like to reminisce? Click for a [happy memory](https://firbeck.org.uk/page.php?p=forest) curtesy of Miss Potter…   **06. ‘Here’s one I tried earlier’**  This is where we share your ideas, tips and suggestions.   * Meet Mindful Ozzy! Click [here](https://www.youtube.com/watch?v=0k_R7R1gIdA) to join Mindful Ozzy in   practising his **mindfulness superpower i**n keeping  calm and relaxed 😊    If you’ve got suggestions for ‘Here’s one I tried earlier’, please email [Well-Being@novaeducationtrust.net](mailto: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.    **Thank you NHS workers**  **Contact us**  The main contact email to use for your school for general enquiries is **[admin@firbeck.org.uk]** |  |
| 1. What is ‘well-being’? 2. Support 3. Information, guidance and updates 4. Special features 5. Activities and resources 6. ‘Here’s one I tried earlier’ |