

WELL-BEING NEWSLETTER

March 2020

PUPIL Issue 1



01. What is 'well-being'?
02. Information, guidance and updates
03. Support
04. Activities and resources
05. 'Here's one I tried earlier'

Welcome to the first 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/>

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>

Primary

Use the packs from school and check out any additional resources on school's website to keep their learning going!

BBC Super Movers

KS1 - <https://www.bbc.co.uk/teach/supermovers/ks1-collection/zbr4scw>

KS2 - <https://www.bbc.co.uk/teach/supermovers/ks2-collection/zr4ky9a>



PE with Joe

Live every day at 9am – link to first session here -

<https://www.youtube.com/watch?v=Rz0go1pTda8>

Places you can visit online – you can access some of the world's most amazing and famous places, galleries and museums from your house! Links to suggestions for this week:

British Museum <https://britishmuseum.withgoogle.com>

National Gallery of Art, Washington D.C.

<https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>

'Here's one I tried earlier'

This is where we'll share your ideas, tips and suggestions. 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. All ideas, tips and suggestions will be curated by our team and published anonymously.

If you've got suggestions for 'Here's one I tried earlier', please email Well-Being@novaeducationtrust.net

Working at Home

We are heading towards the end of the first week of distance learning and I know how difficult it is for all of you. Lots of you, I am sure, are feeling anxious, overwhelmed and under pressure by everything that is happening at the moment.

A few points to note which people are finding useful:

- 1) This is not home-schooling. This is an unprecedented emergency situation impacting on the whole world. This is, at best, distance learning and we are all doing the very best we can in an incredibly difficult situation.
- 2) It is absolutely not possible to facilitate effective distance learning with a primary aged child and work from home at the same time. You can certainly have activities where your child learns, but your focus has to be just getting through this unprecedented time.

A few FAQs:

- How am I supposed to get through the work that is being set?

Do not worry about feeling you have to complete it all. Your child's teacher did their very best in a short space of time. It is not a competition, or a race. Just do your best to do what you can, when you can, if you can.

- My school keeps sending home links with more work. What do I do?

These are suggestions and ideas because we worry that we are not offering enough. Use them if they suit you, don't if they don't suit. If it is causing anxiety, take a break.

- Someone in my child's class has everything done and we've barely started. Will they fall behind?

Even if everything were equal in terms of support, time and number of children (which it is not) all children learn at different rates. In the classroom there are a wide range of levels in all subjects, there are different paces and there are many children working on differentiated levels of work. It is almost impossible for teachers to differentiate at the moment, so you don't have to do it either. Your child will not fall behind. This is all revision and reminder work. If children could all learn new concepts without specific teaching, we wouldn't need teachers. They will cover all of this again, when we eventually return to school.





- I'm not doing any work with my children. All they're doing is building Lego, cooking and playing outside.

All of this is learning -very valuable learning. Sometimes these will be things that we cannot replicate at school.

- How can I get different lots of work done with different children of different ages?

You can't. If they are old enough, try to get them to do little bits independently. Otherwise try to do something they can all engage with, reading a story together, some writing, baking etc.

- What is a good basis for the day?

- A bit of reading every day (independent or to them or via audiobook etc. Different authors are offering free services linked to this, the latest being David Walliams)

- Some writing. If they want to keep a diary or something, great. If not, they could draw a comic or a story book of their own making.

- Practical hands on maths. Be that via cooking, cleaning, outside or some maths games, physical or digital, Involving times tables would be highly beneficial.

- Physical exercise everyday. Joe Wickes, playing Just Dance, going for a daily walk, riding bikes/scooters, doing yoga, anything that stops children sitting on their bums. They don't do this for long periods of the day at school so don't expect them to at home either.

- Something arty, creative or independent free play. Children love to express themselves, it comes naturally in primary aged children so encourage it where possible. Lego is a big favourite in my house, we have lots of it and it can have multiple uses.

And finally, please do remember you are doing the best you can. You are loving your children and supporting them through a difficult time. Look after yourselves. Minimising stress is absolutely vital in a time like this for mental health and wellbeing. Try not to let this be something that causes unnecessary anxiety.

Best wishes to you all, take care.

Mr Slater



Contact us

The main contact email to use for your school for general enquiries is office@westdalejuniors.co.uk

We hope we will all be back together very soon, in the meantime remember you can still contact us via email – office@westdalejuniors.co.uk or through the website contact us form – www.westdalejuniors.co.uk