

# WELL-BEING NEWSLETTER

June 2020

PUPIL Issue 4



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## 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/>

### Year 5 and 6

We have welcomed back most of our year 5 and 6 children in the last few weeks and it has been fantastic to be see them all back in school, socialising in their bubbles and working hard.

We are so proud of the way the children have adjusted to this new way of working, with year 5 attending in the mornings and year 6 in the afternoons – Monday to Thursday.

Our key worker children have also been amazing, as always, during this difficult period and have enjoyed being in their own year group bubbles over the last few weeks.

### Year 3:

The Year 3 key worker children have been working on the topic of African animals. They also gathered some twigs from our wildlife garden and made some lovely star artwork (as modelled left).



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](https://www.youtube.com/watch?v=QNEKbVg_ou4)

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

### 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>

Maths Factor Carol Vordeman - <https://www.themathsfactor.com/>

Draw with Rob Biddulph -  
[https://www.youtube.com/channel/UCBpgrJijMpk\\_pyp9uTbxLdg](https://www.youtube.com/channel/UCBpgrJijMpk_pyp9uTbxLdg)

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/>

A kids book about racism by Jelani Memory -  
<https://www.youtube.com/watch?v=LnaltG5N8nE>

Something happened in our town book -  
[https://www.youtube.com/watch?v=whR\\_Jlzknp0](https://www.youtube.com/watch?v=whR_Jlzknp0)

THE BREAKING NEWS- Storytime Read-Aloud by Author/Illustrator Sarah Lynne Reul  
[https://www.youtube.com/watch?v=V-U3lF5Ei\\_E](https://www.youtube.com/watch?v=V-U3lF5Ei_E)

Not My Idea: A Book about Whiteness by Anastasia Higginbotham READ ALOUD  
<https://www.youtube.com/watch?v=3uS-WasnB-8>

### '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](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.



## Contact us

The main contact email to use for your school for general enquiries is  
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