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| https://cdn5.vectorstock.com/i/1000x1000/70/19/grass-and-sunny-blue-sky-2303-vector-4667019.jpg |  |  |
|  |  WELL-BEING NEWSLETTER| **July 2020** **PUPIL Issue 5** |  |
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|  |  | Welcome to the June issue of our ‘Work Hard; Be Kind; Well-being’ newsletter!This 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. 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](file:///%5C%5Ctorchacademy.co.uk%5C8912247%5CStaffHome%5C2247saja%5CDownloads%5CPrimary%20KS3%20The%20Breath%20BlogArticle%20RMJ.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](file:///%5C%5Ctorchacademy.co.uk%5C8912247%5CStaffHome%5C2247saja%5CDownloads%5CAdultsKS45%20The%20Breath%20blog%20article%20RMJ.docx)**‘Here’s one I tried earlier’**This is where we share your ideas, tips and suggestions. Schools to add in for this month with anything sent into them directly or to edit to just keep email contact**Contact us**The main contact email to use for your school for general enquiries is **[schools insert generic contact info. here]** |  |
| 1. What is ‘well-being’?
2. Information, guidance and updates
3. Support
4. Special features
5. Activities and resources
6. ‘Here’s one I tried earlier’
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