



17TH APRIL 2020

STAY SAFE , STAY HAPPY , STAY TOGETHER

HELLO AGAIN, We can hear you all saying wow has it already been two weeks since the last wellbeing newsletter, hasn't that time flown.....ok so maybe not all of you !

We hope you are all well and are all keeping safe. As you may have heard the lockdown has been extended for a few more weeks so it is even more important we continue to look after everyone's well being through this unprecedented time.

Whilst the teachers have been working hard to provide online resources and tasks for their classes to complete, our children have also been working hard with their parents / carers, therefore we would like to say a huge thank you to our parents and carers who have supported their children's learning.

We would also like to give a special thank you to all the teachers and staff at school and at home, that have worked hard in supporting all of our children and their families. Well done everybody!

TOGETHER WE CAN DO THIS.

CREATIVE CHALLENGE

Create a journal / scrapbook for you and the people in your home. Print photos, paint or draw, Write little notes of all the fun things you get upto, the new foods you have tried, if you have a funny facetime memory. Have you learnt to cook?, to tie your shoes? Look for the positive news stories happening in the world right now. Share successes What have you been listening to or watching? Record the daily weather . Set yourself goals. Look at this time as time with your family you would never have had due to work or school commitments. Record all the positives so that when you look back at your journal it will make you smile.



Ingredients

1 litre of vegetable stock
400g tin chopped tomatoes
100g spaghetti – broken into short lengths, or any other pasta available.
350g bag frozen mixed vegetables
Optional - chopped basil leaves, pesto and parmesan to serve

MINISTRONE IN MINUTES



Method

1. Bring the stock to the boil with the tomatoes then add the spaghetti and cook until done.
2. Add the whole bag of frozen vegetables and bring back to the boil.
3. Simmer according to pack instructions until everything is cooked and piping hot.
4. Serve in bowls sprinkles with pesto, oil, parmesan or basil – or a little bit of everything.

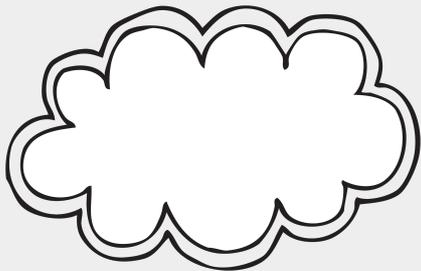
(this can be thickened with a little cornflour if desired)

MINDFUL MOMENT

In a time of uncertainty it is normal to feel worried or sad because things are different. If you feel like this, it can help to think about your happy place. A place where you feel safe and secure, a place that holds special memories or even a place where you feel very happy.

Cut out a cloud shape and complete by drawing your happy place inside it and explain:

- Where it is?
- Why it makes you happy?
- Any other relevant details
- What you can see, smell or hear in this place



MY HAPPY PLACE

KEEPING ACTIVE

Getting fresh air and outside can do our wellbeing the world of good. Try this agility course below to burn off a little bit of energy with the kids in the garden. It can even be tried inside, if the weather changes. Click on the video picture to take you to the workout



Here's one to keep the kids on their toes - literally!

Whether it's for playing sport or being steady on their feet in the playground, this activity is a good one.

Pay close attention to the safety tips and have fun!

#ThisIsPE

@eboractrust @MrJeff85 @afPE_PE @YouthSportTrust



MAKING THE MOST OF TIME TOGETHER

Looking on the positive side. Try to make the most of the time you have at home with your children to do fun activities together that we maybe don't always have time to do normally. Here's a few suggestions

- Balloon Tennis - bat balloons and try to keep them in the air



- Home disco - Turn the music up , lights down and have a dance
- Home cinema - film and popcorn
- Create a giant picture use wallpaper , old magazines, wool, paints , crayons anything to stick on.
- Making Dens



- Making Music with pots , pans, tins and jars (fill to different levels to change the sound)
- Cooking together



- Water play in the sink or the bath with bubbles and plastic containers
- Good old fashioned board games and jigsaws
- Teach them a new skill such as basic sewing

