

# WELL-BEING NEWSLETTER

March 2020

PARENT/CARER Issue 1



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## News from The Suthers School

- **New Build Ready & Waiting**  
We are continuing to prepare our brand new building so that it is ready and waiting for us whenever schools re-open!
- **Keeping DofE on Track**  
With the limitations in place at the moment it would be easy to think that DofE activities are a no go – not so! Visit the [DofE website](#) for lots of ideas of what to do!
- **Keeping in Touch Online**  
Next week we'll launch live chat sessions with Form Tutors for all year groups. Details to follow.

## 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 you during your children's time out of school.

Please also see our newsletter for pupils in addition to this one for you.

### 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!

### Information, guidance and updates

Government response to COVID-19 – this includes the latest announcements and guidance/information/announcements to date

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Information and guidance for employees, employers and businesses

<https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>

### Support

#### Directory:

- The Samaritans offer emotional support 24 hours a day - in full confidence. Call 116 123 - it's **FREE** or email [jo@samaritans.org.uk](mailto:jo@samaritans.org.uk) - <https://www.samaritans.org>
- <https://www.mind.org.uk/>
- <https://www.nhs.uk/>
- <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

#### Supporting children:

- Supporting children to cope without school <https://www.bbc.co.uk/news/uk-politics-51959957>
- Talking to children about world news <https://www.mentalhealth.org.uk/publications/talking-to-your-children-scary-world-news>

- **Have you started to BuJo?**  
From next week we're going to be asking all students to create their own Bullet Journal (or BuJo for short!). Never heard of them? Don't worry, we'll provide all the info they need to get started but Bullet Journals are a brilliantly creative way to help anyone get organised and get motivated so parents can try it out too! We'll be posting some examples onto Pinterest to get everyone started so find us and follow us at 'Art Suthers School'.

- **French Support Sessions**  
On Tues 31 March, Mrs Pettit will be hosting live interactive video chat sessions via Teams to help Year 7 and Year 8 students get to grips with their French work. Details to follow on Teams.

- **Free School Meals Update**  
From Monday 30 March, all pupils who are eligible for Free School Meals will be sent vouchers. There is no longer any requirement to register via our school website.

- **TORCH Trophy Challenge**  
We're busy putting the finishing touches to our TORCH Trophy Challenge. We'll be sending out a list of challenges soon and the person who manages to complete the most will win the first ever TORCH Trophy! Any ideas or suggestions? Email us on the address below.

- **Year 9 GCSE Options 2020**  
We'll be getting in touch after Easter with details about the GCSE options process.

## Contact us

Contact@Suthersschool.co.uk

## Follow Us

@SuthersSchool

## Supporting ourselves:

- Looking after your own mental health during this period: <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>
- Well-being <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing>

## 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>

### Secondary and Post-16

Students should keep logging into Microsoft Teams (and/or the packs sent home by school, if this is the case) and check out any additional resources on school's website to keep their learning going. This will also help them stay in touch with school virtually!

PE with Joe

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

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

### For you and for families

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>

Ideas for supporting your child's learning and well-being whilst at home

<https://news.sky.com/story/coronavirus-homeschooling-five-ways-to-keep-your-kids-learning-happy-and-healthy-11959988>

### '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](mailto:Well-Being@novaeducationtrust.net)