

WELL-BEING NEWSLETTER

April 2020

PARENT/CARER Issue 2



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News from The Suthers School

Staff Recruitment Continues

Despite school closures we are pleased to report that recruitment of the new teaching and support staff we will need from September 2020 has been continuing; we have appointed new staff in almost every curriculum area, including English, Maths, MFL and Humanities as well as a number of key support staff. Click [here](#) for details of current Vacancies.

Welcome to the April 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 - <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>

Building Strong Foundations

This term we are launching a brilliant new vocabulary-building programme for all our students. It's called Bedrock and you can find out more watch the introductory video from Mrs Cunniffe [here](#).

Suthers YouTube Channel

The Suthers School now has its own YouTube channel. We'll be using it to post lesson materials as well as how-to guides, transition info and much more. Click [here](#) to take a look and subscribe.

Update on the Big Move

The move to our new site is well underway and we are expecting the team from Extra Space Solutions in this week to begin the process of dismantling and removing our temporary classrooms – known forever to us as 'C Block'. A removals team has been in and our phone lines and IT infrastructure are also now being moved across to the new building.

TORCH Trophy Challenges

Well done to everyone who has been getting stuck into our character-testing TORCH Trophy Challenge. We'll be adding some fresh challenges to the mix over the next few days so keep an eye out on Twitter and check your inbox for more info.

Suthers Student Shout-Outs

We are all incredibly proud of the resilience, optimism and creativity our students have shown in such challenging circumstances and wanted to give a special mention to just some of those who have stood out in terms of their tenacity, optimism and hard work since schools were closed and showcase some of the brilliant work we have seen:

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>

COVID-19 Lockdown: Teachers, Parents and Carers



Living in isolation is a new experience for all of us. None of us really know how to navigate or look after ourselves in this situation. Here are some tips to help you stay feeling good during this strange time. Try some, see which suit you and see which make you feel better, keep you motivated, and help with energy levels.



Routine

Keeping to a daily routine everyday will keep you feeling energised motivated and happy.



Control

Choose to focus on what you can control. You can take charge of others by staying at home and following government guidelines.



Sleep

A regular sleep pattern will improve mood, motivation and energy. Save a lie-in until the weekend.



Being conscious of our thoughts

"Remember, don't believe everything you think. Thoughts are just that-thoughts."
Allan Lokos



Feelings

It's essential that we process and talk about our feelings during this time. Chat to someone who will listen and someone you can trust.



Connection

Connection with others during this time is the most productive thing we can do.



Limit listening to the news

Be conscious of how many times you listen to the news in one day. Be mindful of when you listen to it too.



Stay active

Moving your body will only make you feel great! Exercise is essential for our mental and physical well-being.



Keep a journal

A great way to process your feelings is to write them down. A journal is another way to practice gratitude. When we think about what we are thankful for, we can't think about what we are worried about.



Environment

Being aware of the space we are living in will really benefit the way we feel. Try and keep your living and work space organised and separate.



Nutrition

Fuelling your body with fresh fruit and vegetables will improve your physical and mental well-being.



Hydration

Drinking lots of water will keep us hydrated and feeling good. When we are dehydrated it can have a real detrimental effect on our mood and energy level.



Enjoyment

Do something that you enjoy every day. This simple tip will keep you feeling happy and fulfilled.



Tech-free time

Try and limit how much time you sit in front of a screen. A varied visual diet is essential for our happiness.



Relaxation

Find a way that you can relax every day. This will be different for everyone. Calming the body and mind will lower cortisol in the body, which will have a profound effect on many aspects of our life.



Parenting/Caring

The juggle during this time is interesting. I think the most important thing we can do as parents/carers is to give yourself some slack. We are all trying to do our best.



One day at a time

Thinking about one day at a time makes the whole situation far less overwhelming.

To read more, click [here](#)

Year 7

Tia Buckland, Will Morley, Tia Howe, Nellie Gath, Lucas Waddington, Ben Thompson, Jade Postma, Kestra Parkes, Paisley Kim, Evie Baker-Stimson.

Year 8

Josh Sharman, Oliver Robinson, Alec Measham, Luke Burton, Jamie Watkins, Matas Garbaciauskas, Olivia Lacey-Coleman.

Year 9

Tom Bradey, Amelia Beresford-Wilson, Ellie Rawson, Leah Bower, Leo Vadgama, Cody Harrison, Megan Smalley, George Tindale, Reece Coy, Valeria Denni, Bradley Hawkins, Hannah Sutherland, Georgia Baker-Stimson



A superb 'Virtual Art Gallery' piece by Sophie in Year 9



Inspirational TORCH Challenge work by Jade in Year 7

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>

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>

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/zr4ky9q>

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>

'Here's one I tried earlier'

This is where we share your ideas, tips and suggestions. Here's a few we've had so far:

Design and make a pizza, research the nutritional value of content, work out how much each portion will cost, the origin of the ingredients you have chosen.

Nature cam network for animal lovers: <https://explore.org/>

Every day one member of the family sets a 20 question quiz on general knowledge and then the rest of us answer the questions. It's competitive fun and we are all learning lots of things we didn't know!!! Questions vary from historical, our planet, current affairs, Spanish phrases even the phonetic alphabet. It's such fun! The topics are endless.

Scanning through past photographs and sending happy memory pictures to friends and family to cheer them up...it's gone down a treat. Lots of positive feedback it really is the simple things that matter.

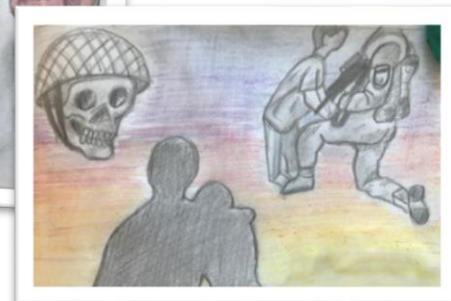
If you've got suggestions for 'Here's one I tried earlier', please email Well-Being@novaeducationtrust.net



A superb Bullet Journal page from Harry in year 8 – Shopping in Lockdown



Brilliant illustrations from Alisha in Year 9 inspired by her study of WW1 poetry in English where students have also been writing their own poems.



Contact us

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