



Pastoral Support for Staff and Families Wellbeing Weekly (2)

Thursday 25 March 2020

Dear Colleagues,

What a week - it's incredible how quickly things have changed, and also incredible to reflect on all the work that has been put in - by you - to get school ready for April. Let's hope that the good weather continues, and that you can all enjoy something of a break now. I appreciate that for those of you with children, or spouses and partners who are working, or family members who need care, that will not necessarily be easy, but hope that you can find some time for yourself, with (or without) your loved ones, to adjust to our collective "new normal".

A Virtual Common Room - Thursday 2 April at 8.00 pm - if you would like to hook up with others for 30 minutes of chat and catch up, please feel free to drop into my Meeting Room next Thursday evening:

<https://zoom.us/my/haileyburydeputyheadwellbeing>

Please make a note of the time, set an alarm, put it in your calendar... (by having this in my "meeting room", I won't send out a Meeting invite each time - i'll just put each week's meeting time in Wellbeing Weekly, and you come along.)

A few updates for the start of the holidays:

- **Clocks** - Don't forget that the clocks Spring Forward this weekend (Sunday 29 March at 1.00 am.) Hooray for longer, lighter evenings.
- **Quiz Night #2 - Tuesday 31 March - 8.00 pm. Zoom.** Congratulations to Team TP (Tom, Alison, Colin, Nicky and Will) who won Quiz Night #1. Can anyone beat them? If you would like to be involved please contact Clare - c.tomsett@haileybury.com Please note that this week the quiz will start at the slightly later time of 8.00 pm so that parents can get little children tucked up in bed before the hard core quizzing begins!
- **Book Club** - There's interest in a book club - if you are keen to be involved please can you let Sandy Blampied know? - s.blampied@haileybury.com
- **Astro / Sport Facilities** - a reminder that individual families/households are able to use the following facilities, for 45 minutes at a time, but must padlock them after use (code to open - **512**):
 - Theobald Astro
 - Lower School Astro
 - Hailey Lane Tennis Courts

Ideas for those of you with younger children:

- **Elevenuses - David Walliams Stories every day:** David Walliams is releasing a FREE audio story every day for the next 20+ days. Let the children listen to a story whilst you get a few jobs done or just grab a cuppa in peace: <https://bit.ly/AudioElevenuses>
- **National Trust - [50 things to do before you're 11¾](#)** - some of these might be difficult given the restrictions on going outside, but hopefully there are some nice ideas for entertaining the children over the Easter break.
- **Scouts - The Great Indoors** - Look at the Scout Association's suggestions for [100+ things to do indoors](#) (Activities for 8 - 18 year olds.)



Community:

- **Hertford Heath** - A reminder - If you are able to help in [Hertford Heath](#) please go to their website.
- **Volunteering for the NHS:** If you are keen to volunteer over the Easter period you can get more information here: www.goodsamapp.org/nhs
- **Volunteering in Herts** - Team Herts Volunteering is working with Herts County Council to organise volunteers to assist those affected by Coronavirus - find out more at www.thvolunteering.org.uk

Parcels, post and other deliveries - for those who are isolating/"quarantined"

- Please let us know if you are having to isolate/quarantine and are unable - for whatever reason - to get your post or parcels. There are enough of us on site to help drop things at doors, as required.
- If you fall ill at any time (or if someone in your household does) - please make sure your line manager(s) know, but please also let Simon Heard and/or me know, so that we can support you.

"Did you know...?"

Space for interesting facts, tales and anecdotes about Haileybury - if you have any, send them to me.

- *"Sciurus carolinensis (Grey Squirrel) - This foreigner, spreading outwards from Hyde Park appeared in Golding's Wood, 1916. It has now absorbed the Red Squirrels in the Master's Garden, faint traces of red on the coat proving cross breeding. Even these are fast disappearing."*
(Extract from: Flora and Fauna of Haileybury, 3rd Issue, 1926. Haileybury Natural Sciences Society. Hertford: Stephen Austin and Sons)

Photos, recipes, fun ideas:

- Once the Wellbeing section of the Connected School platform goes live, we will have an area for staff notices, and for sharing what we've been up to. Until then, I would love to include these in the next "WW", or tweet them. So please do send me things that you think might be useful/fun for others to see.

Looking after your Mental Health

This is a stressful, and strange, time and it is important that you look after your Mental Health. You can find lots of good advice online at: www.nhs.uk/one-you/every-mind-matters

Any questions, concerns or queries, please do not hesitate to contact me.

Have a good week,
Laura
[@Hbury_Wellbeing](https://twitter.com/Hbury_Wellbeing)



Photo: Wednesday 25 March 2020