



Pastoral Support for Staff and Families Wellbeing Weekly (5)

Thursday 16 April 2020

Dear all,

Happy Easter! I hope that you, like me, were able to join the Reverend Chris Stoltz, Andrew, Immy, Emanuele, Issy and The Master for the wonderful celebration of Easter on Sunday. I have to admit that "being back in Chapel" felt rather emotional and I don't think that there could have been a better way to mark Eastertide and launch our Connected School. Thank you to all involved.

Connected School - Staff Wellbeing

I am delighted that as part of the Connected School we have launched the Wellbeing section with resources for pupils, parents and colleagues. This is a virtual place where you can find resources and advice, and - for us - to share and connect. The Staff Wellbeing section will be password protected (password: **Haileybury0420**), so that we can include details of staff events, stories and photos etc, without having to compromise this offering for "fear" of parents or pupils accessing this area. You will see that there is a **noticeboard** and that **Wellbeing Weekly** will be stored here too, so that you can find out what's on and when. We will continue to develop this section over the coming weeks.

If you come across useful resources that you would like to share via the Wellbeing section please do contact me.

Working from home AND looking after children or dependents?

We are aware that many of you will be balancing working from home, with your partner's work commitments and child care / supervision. If you are concerned about the practicalities of doing this, please do let Simon and me know so that we can support you. A number of you have already flagged specific concerns and pinch points in the week or day; for others - if you don't tell us, we won't know that you are finding it difficult - so please do get in touch.

A few reminders for the week ahead:

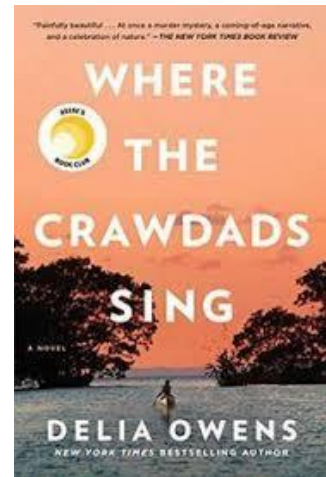
- **A Virtual Common Room:**
 - **TONIGHT at 8.05pm** following #ClapforCarers - if you would like to hook up with others for 30 minutes of chat and catch up, please feel free to drop into my Meeting Room tonight: <https://zoom.us/my/haileyburydeputyheadwellbeing>
 - Hereafter we will "open" the Common Room for the Half each day, please do drop in for a cup of coffee (BYO), and chat. **11.00 - 11.25 each day:** <https://haileyburyuk.zoom.us/j/2081918708>

- **Quiz Night #5 - Tuesday 21 April - 8.00 pm. Zoom.**
 - Link for the Quiz: <https://haileyburyuk.zoom.us/j/2081918708>
 - A reminder of Sarah Webb's fundraising page: <https://www.justgiving.com/fundraising/mammothquiz>

- **Book Club:** Next book: "*Where The Crawdads Sing*" by Delia Owens. It has received fantastic reviews so hopefully it is a goodie!
 - Next Meeting: **8pm on Thursday 7 May**
 - Here is the [link to the ordering the paperback](#)



- and a [link to ordering the kindle](#) version
- Let [Sandy](#) know if you are interested in joining the book club for a glass of wine, and discussion
- **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



A few more resources for children:

- A free downloadable [book for children about coronavirus](#) illustrated by Axel Sheffler (Gruffalo)
- Free audio books on: [stories.audible.com](#). Many millions of children are listening around the world. The collection includes audio in English, French, German, Italian, Japanese and Spanish.
- How about starting with Stephen Fry's reading of [Harry Potter and the Philosopher's Stone](#).

Culture Vulture:

- **Theatre: Watch [Treasure Island](#) at the National Theatre** - from 7.00 pm tonight (Thursday 16 April) and available for one week.
- **West End Musicals? - [#TheShowsMustGoOn](#)** - Every Friday at 7.00 pm a different West End Musical will be broadcast - treat yourself this week to [Phantom of the Opera](#) (which is only available for 24 hours due to rights issues.)

Looking after your Mental Health

- Ahead of the start of term, please can I point you in the direction of the [Staff Wellbeing: Resources](#) section of the Connected School. There are various resources there to help you help yourself, including documents on Working from Home. Please take some time to read this and consider how you can best manage the weeks ahead and this new style of working.

Looking after your Physical Health

- Similarly, it remains key that you look after your Physical Health. Try and make some time, each day, to get out and enjoy some exercise and fresh air.
- Make sure you continue to eat well, and stay hydrated.
- Have a look at the resources and activities on the Connect School platform - both for staff, and those for the pupils.

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

Please remember to let someone know if you are having to self-isolate or shield; and especially if you become unwell at any point.

Laura

[@Hbury_Wellbeing](#)