



Pastoral Support for Staff and Families Wellbeing Weekly (3)

Thursday 2 April 2020

Dear all,

Spring has sprung, we're now on British Summer Time and the past week has been significantly *colder* than the previous one! But, it's been dry and I hope you've all been able to take advantage of the sunshine for your daily leg-stretch; plus we're in for a scorcher this weekend, so BBQs (self-isolating) at the ready....

A Virtual Common Room - **TONIGHT at 8.05 pm** (after #ClapforCarers 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 tonight:

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

- **Quiz Night #3 - Tuesday 7 April - 8.00 pm. Zoom.**
 - Congratulations to Team ENGLISH who won Quiz Night #2, toppling the reigning champs Team TP. Can anyone beat them?
 - Link for the Quiz : <https://haileyburyuk.zoom.us/j/2081918708>
 - And, we want to extend our thanks to Sarah Webb for her masterly Quiz mastering. If you would like to donate to her and her late mum's wonderful fund - all for Macmillan Cancer Care - please go to: <https://www.justgiving.com/fundraising/mammothquiz>
- **Book Club** - if you are interested, here are the details:
 - Our first book is *Transcription* by Kate Atkinson.
 - Here is the [link to download to a kindle](#)
 - Here is a [link to Waterstones to order a hard copy](#)
 - Let Sandy know if you are interested in joining the book club for a glass of wine, and discussion : s.blampied@haileybury.com
 - First meeting likely to be towards the end of next week, on initial thoughts...
- **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

Culture Culture:

If you are missing your usual slice of culture during the holiday period, then why not check out some of these free online highlights:

- **Theatre** - [The National Theatre](#) are streaming recordings of some hit theatre, starting tonight with *One Man Two Guvnors*. Plays will be free to stream for a week.
- **Dance** - **Sadler's Wells** are also streaming [Dance productions](#) each week.
- **Opera and Ballet** - The Royal Opera House and Royal Ballet will be streaming performances every Friday evening from 7.00 pm via <https://www.facebook.com/royaloperahouse/>
- **Shakespeare** - The RSC are also sharing a 30 day free trial of their streaming platform - with 17 "shows" [their word] available to view by signing up [here](#).

More ideas for children:

- **The Woodland Trust** have some great ideas for nature activities you can [do whilst in self-isolation](#)
- **Science** - here's some experiments that you can do at home - [63 ideas](#)
- **Dance** - Join the Sadler's Wells [Dance Workshops](#) for children and families.



Community:

- **Food Bank** - We would like to set up a donations box, in the post room, for food items to go to the Trussell Trust - if anyone is interested in leading on this, please let me know.

Are you self-isolating or “shielding”?

- The government has now written to the 1.5 million people deemed to be most vulnerable, due to underlying health conditions, to advise them to “**shield**” themselves for the next 12 weeks. If you are one of these people (as I am!), then please let us know so that we can support you.
- If you have to **self-isolate** at any time, please do let us know.

“Did you know...?”

“The first bricks of the new Chapel were laid on 8th February 1876 and the building was finished and consecrated on 27th June, 1877....A year later disaster struck. On 2nd October, 1878, Mr Peters...was up in the dome...he slipped and knocked the candle...in a moment the flames had taken hold and...the whole dome was ablaze...There was no telephone in those days, so boys on bicycles and Dr Bradby’s groom on horseback rode for the fire engines of the neighbouring towns...Water was at first procured from the Moorhen Pond by a long line of boys passing full buckets one way and the empty ones back the other. That water was soon found to be too muddy and an even longer line was stretched to the swimming pool.

“Rebuilding and redecoration started immediately, and in 1880 ‘the decorations burst upon the school in their full splendour’. Every foot of space in the redecorated Chapel was covered with vivid colour.”

(Haileybury 1806-1987, Imogen Thomas; 1987. Hertford: The Haileybury Society)

Chapel, resplendent, post the fire:

(Haileybury: A 150th Anniversary Portrait; ed. Roger Woodburn and Toby Parker; 2012. London, Third Millennium Printing.)



Looking after your Mental Health

- **Yoga / HIIT classes** - www.downdogapp.com - Haileybury has acquired free school membership to the Down Dog app, for Yoga, HIIT, Beginners’ classes... free as long as you log in with your Haileybury school email address.
- 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/oneyou/every-mind-matters

Looking after your Physical Health

- PE with Joe Wicks - whatever...
- PE with Joe Satt - now we’re talking: Do take a look at the daily tweets: *Haileybury’s ‘home-workout’ series on the [@HaileyburySandC](https://twitter.com/HaileyburySandC) twitter page.*

Any questions, concerns or queries, please do not hesitate to contact me. Have a good week!

Laura

[@Hbury_Wellbeing](https://twitter.com/Hbury_Wellbeing)