



Pastoral Support for Staff and Families
Wellbeing Weekly (4)

Thursday 9 April 2020

Dear all,

The forecast for the Easter weekend looks good, and I hope that you are all able to spend some time outdoors, in the sunshine, with your families (even if remotely.) Jacinda Ardern (New Zealand Prime Minister) has [declared the Easter Bunny as an essential worker](#), but forewarned that the bunny may not make it to every household this weekend...

But I do hope that you have a decent supply of chocolate at hand nonetheless, and that you can enjoy the long weekend.

Please find below some links to events and information for the coming week.

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>

Easter Sunday Service:

Join the whole Haileybury community in celebrating Easter Day with a short chapel service on YouTube, beginning at 10.30am on Sunday. The service will be led by our new Chaplain, Chris Stoltz, pupils will read from the Bible, and the Master will lead the prayers. A special performance of 'In Christ alone' will be given by Issy Tyers. Watch out for a link coming your way!

- **Quiz Night #4 - Tuesday 14 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** - 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 ; she will be in touch with details of meetings etc.
- **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 Vulture:

- Theatre: Watch [Jane Eyre](#) at the National Theatre - from tonight for one week.
- West End Musicals? - [#TheShowsMustGoOn](#) - Every Friday at 7.00 pm a different West End Musical will be broadcast (and available for 48 hours) - treat yourself this weekend to **Jesus Christ Superstar**
- Barbara Cartland - just when you thought you'd seen it all... BarbaraCartland.com are releasing a [free romance book](#) each week...go on...
- Natural History Museum: Enjoy [virtual tours](#) of the NHM.
- Escape Rooms - <http://www.escapefromhome.co.uk/> - try these online escape room adventures from the comfort of your own home.



Family Wellbeing Activities:

- Check out these [wellbeing activities for the whole family](#) from Place2be.

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/oneyou/every-mind-matters

Looking after your Physical Health

- www.Ownyourgoalsdavina.com - 30 day free membership to Davina McCall's workouts.
- 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.

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 / shield.

With every best wish for the Easter period,

Laura
[@Hbury_Wellbeing](#)