



Pastoral Support for Staff and Families
Wellbeing Weekly

Friday 22 May 2020

Dear all,

It's Mental Health Awareness Week - 18 May - 22 May

The theme this year is Kindness. Please think of how we might be kind to each other.



Be Creative - Come and Sing!

You are cordially invited to be part of the **Virtual Choir** singing Jerusalem.

Full details of what you need to do can be found here: [Jerusalem](#)

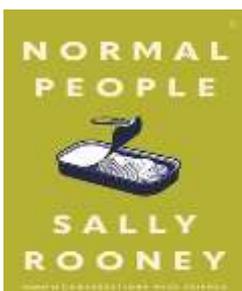
Be Active, Be Inspired, Be Calm and Be Mindful

The recordings of Mr Motivator, Kiko Matthews, and the Yoga and Mindfulness sessions are available on the [JustBe page](#) of the Wellbeing platform. So why not have another work out with Mr M..... #sayyeah

Raising money for Mind

On the theme of better mental health: Lydia and Craig are cycling 1000Km in May to raise money for Mind. If you would like to sponsor them please go to their [justgiving page](#).

Book Review



Many thanks to Lindsey Othen-Price who has written this fascinating review of the popular novel (and BBC adaptation) [Normal People](#). This review is on the Counsellor section of the Wellbeing platform for all pupils and staff to read. Please do have a read.

FoFF (Focus on Feelings Fellas)

Thank you to Carl for forwarding this link to a recent podcast series designed to encourage men to talk about their feelings. You can listen to episodes [here](#).





Just for Fun

Something Sweet....

Thank you to Roger in DT and Angela Marketing for sending in recipes. Click here: [Roger's Ginger Nuts](#) and here for Angela's recommended traybake recipe. https://www.bbc.co.uk/food/recipes/peanut_butter_jelly_30293

Connected School.

Co-curricular for all: A Reminder to look at the [Co-curricular Noticeboard](#) for up-to-date information on what's happening this week - there are lots of events and activities for you to enjoy alongside the pupils.

Friday 22 May - 4.30 pm - Half Term!



Saturday –

Kick off Half term with a Children and Families' Treasure Hunt – any time after 9.00 am, starting at Lightning Oak. (c. 30 minute trail)

With thanks to Ben Sadler who is kindly organising a family treasure hunt to do at your leisure on Saturday. Start at Lightning Oak, any time after 9.00 am, and follow the clues to get to a treat. Please just avoid following too closely behind other families, partly social distancing and partly so that you still have the fun of following the clues, rather than the crowds!

Next Book Club

- Next book: Ordinary People by Diana Evans
- Next meeting date: Wednesday, 3 June (after Half Term!)

Let [Sandy](#) know if you are interested in joining the book club

Have a really super week,

Thank you!
Laura

[@Hbury_Wellbeing](#)

