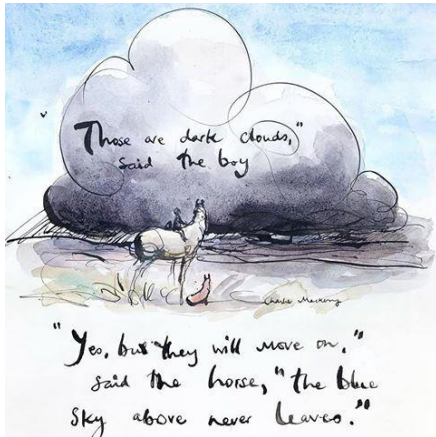




Hello all; the late and great Nelson Mandela said **“May your choices reflect your hopes, not your fears”** and it seems amazing that in the middle of lockdown we celebrated the 75th Anniversary of something amazing like VE Day. The celebrations focussed on the big event marking



the end of World War II; TV was full of film of the big celebrations and the big crowds and the huge sense of relief that the war was over. But my favourite bits were when they spoke to individual people **about the hopeful choices they made which helped them to get through a challenge as huge as a global war.**



The stories of people being kind to others and brave in small ways, as well as **learning to live a ‘new normal’ life and having the confidence to believe that things will change for the better in the future.** Some of my favourite stories are the things people did quietly at times like this. My Grandma’s best friend worked at Bletchley Park with the code breakers and didn’t tell Grandma until they were old ladies in their 80s. Could you keep a secret like that from your best friend? Stories like that are far less famous than Queen and her sister as young women slipping out of Buckingham Palace on VE Day and celebrated with the crowds in London but it’s worth talking with your grandparents to find out if they have any stories of their own, or their

parents about the war. So, celebrating VE day is about **celebrating all the small things people have done, which when you join them together can make a change in the world.**

How much activity do I need?

Moderate-intensity aerobic activity
Anything that gets your heart beating faster counts.

at least **150 minutes a week**

AND

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least **2 days a week**

Tight on time this week? **Start with just 5 minutes.** It all adds up!

Looking forward, this week's **Mental Health Awareness Week**, so in this newsletter I’m asking you to think ... what are you doing to keep yourself **healthy, body and mind**? You need to keep moving to make sure that your body is healthy, but surprisingly it also helps with your mental wellbeing. So if you’re sleeping all day and gaming all night

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

AGE GROUP	RECOMMENDED NUMBER OF HOURS OF SLEEP
Newborns (0-3 months)	14-17 hours
Infants (4-11 months)	12-15 hours
Toddlers (1-2 years)	11-14 hours
Preschoolers (3-5)	10-13 hours
School-age children (6-13)	9-11 hours
Teenagers (14-17)	8-10 hours
Young adults (18-25)	7-9 hours
Adults (26-64)	7-9 hours
Seniors (65 and older)	7-8 hours

Mercola.com

and eating junk food ... maybe next week have a think about changing this ... **do some exercise ... sleep when it’s dark!** Exercise and sleep that fits with a **circadian rhythm** (Google it) combine to really help **maintain natural balance for your body and mind.** IF you are struggling with stress or anxiety first of all, remember we are here



for you! **Get in touch** with your form tutor or head of year, or your favourite teacher for some advice or help. One of the best things you can do is to **keep your mind active** by doing some of the work being set for you (on SharePoint for Y7 & 8 or Teams Y9 - 12). BUT **don’t let it overwhelm you** ... if you are struggling with motivation at the moment commit to just 1 hour of work per day ... 2 x 30mins or 3 x 20 mins or 4 x 15mins ... it’s not too long. **Then PICK the subjects that make feel HAPPY** ... focus on them and get a sense of achievement ... don’t let the work get on top of you, if you’re struggling it’s fine to stop and do something else. And when you choose to do something else, **do something focussed on kindness and well being** this week. I’ve attached some suggestions of nice, kind and calm things to do ... next week is half term so NO work for a week, just enjoy the sunshine & **relax at a safe distance from other people!** X Miss C.

If you're struggling to think of ways to make yourself feel better ... cut this dice out ... think of it as a low-tech magic 8 ball ... a helpful 6 cube! Or cut it out and write your own ideas in the spaces on the back.

If cutting and sticking isn't your thing ... give this kindness challenge a go!

Phone a friend ... or friends ... but not too many at a time so you can stay focussed on the conversation.

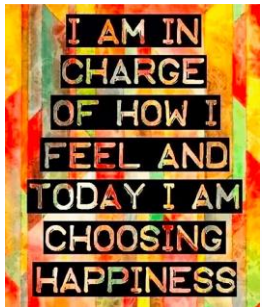
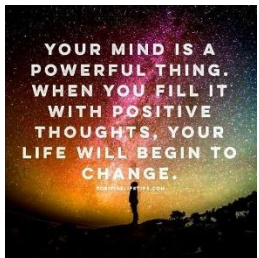
Pamper yourself ... have a bath (lots of bubbles), face mask, hair re-style (dye it blue or pink, or something)

Do 20 minutes of exercise. Go for a walk in the sunshine, go for a run, do some push ups ... yoga anyone?

Write a letter of card to a friend or family ... everyone loves getting nice post ... maybe you will too.

Cook something tasty and share it with someone you love ... healthy or home-made is best!

Take a few moments to sit back and think about the things in your life that make you happy.



You could even spread a bit of kindness and make your teachers' day by emailing me or Mrs Gale about any especially helpful teachers!

Mental Health Awareness Week			
The 7 Day KINDNESS Challenge!	Monday	Tuesday	Wednesday
	Make a cup of tea for someone in your family	Send someone you haven't seen in ages a letter or a postcard	Donate food or clothes to people in need
Thursday	Friday	Saturday	Sunday
Bake a cake or some biscuits to cheer someone up	Ask your parents for a chore that would really help them out	Video call someone you know is feeling a bit lonely	Be kind to yourself and spend some time on YOU!



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

- | | | | | | | | |
|---|--|---|---|---|---|---|--|
| 1 Make a plan to help you keep calm and stay in contact | 2 Enjoy washing your hands. Remember all they do for you! | 3 Write down ten things you feel grateful for in life and why | 4 Stay hydrated, eat healthy food and boost your immune system | 5 Get active. Even if you're stuck indoors, move & stretch | 6 Contact a neighbour or friend and offer to help them | 7 Share what you are feeling and be willing to ask for help | |
| 8 Take five minutes to sit still and breathe. Repeat regularly | 9 Call a loved one to catch up and really listen to them | 10 Get good sleep. No screens before bed or when waking up | 11 Notice five things that are beautiful in the world around you | 12 Immerse yourself in a new book, TV show or podcast | 13 Respond positively to everyone you interact with | 14 Play a game that you enjoyed when you were younger | |
| 15 Make some progress on a project that matters to you | 16 Rediscover your favourite music that really lifts your spirits | 17 Learn something new or do something creative | 18 Find a fun way to do an extra 15 minutes of physical activity | 19 Do three acts of kindness to help others, however small | 20 Make time for self-care. Do something kind for yourself | 21 Send a letter or message to someone you can't be with | |
| 22 Find positive stories in the news and share these with others | 23 Have a tech-free day. Stop scrolling and turn off the news | 24 Put your worries into perspective and try to let them go | 25 Look for the good in others and notice their strengths | 26 Take a small step towards an important goal | 27 Thank three people you're grateful to and tell them why | 28 Make a plan to meet up with others again later in the year | |
| 29 Connect with nature. Breathe and notice life continuing | 30 Remember that all feelings and situations pass in time |  <p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p> | | | |  | |

ACTION FOR HAPPINESS









www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

This coping calendar could be used in loads of ways – just look up the date if you're feeling anxious and see what it suggests, or ask someone to pick a number between 1 and 30, put a cat biscuit on 4 dates and see which one the cat goes for! What ever you want ... but it could just be the little thing that helps to lift you up, or it could be something that makes a positive difference in someone else's day which could also bring you joy!

6 Steps to Relaxation: Deep Breathing Exercise

Try this breathing exercise to help improve your emotional and physical health.

- 1** Lie on your back to help shift your breathing to a deeper, abdominal breath. 
- 2** Put your hands on your belly and take a deep breath through your mouth or nose. Each time you breathe in, try to push your belly out as much as possible—feel your hands rise as the belly rises. (As opposed to the popular notion that when you take a deep breath you suck in your gut.) 
- 3** Hold that breath for a few seconds and then slowly exhale through your mouth. Try to imagine you're exhaling through a straw. 
- 4** After that deep breath, take three or four normal breaths. 
- 5** Then take another deep breath. 
- 6** Continue this for 5 to 10 minutes. 

STEALTH MINDFULNESS

Even if you're on the move all day, there are still plenty of opportunities to practice mindfulness.

 SHOWERING: Let your shower take over your senses. Listen to the water. Feel the water on your skin. Inhale the steam and smell of the soap. Massage your scalp while shampooing. Leave feeling refreshed.	 BED-MAKING: As a moving meditation, mindfully breathe while smoothing and tucking your sheets. Make your bed your absolute and only focus for a few moments.	 GETTING DRESSED: Be fully present in choosing and putting on your clothes. Take in the colors and feel the textures of each garment. Bring your attention to every detail, like buttons, zippers, and laces.
 WALKING: Concentrate on the physical sensations of walking and how every step feels as you raise your legs and set your feet on the ground. Bring your focus to every step and repeat "left, right" with every step.	 WAITING IN LINE: Take a few deep breaths to center yourself while waiting. Acknowledge your immediate surroundings and the presence of others while wishing them well.	 EATING: While eating, let all your attention go to how your food tastes, how the aroma hits your nose, and the texture inside your mouth.