

We hope that you are all well staying safe and settling into a new way of learning from home.

The purpose of this newsletter is to offer some ideas and suggestions for activities linked to looking after our mental health and wellbeing which is particularly important in these challenging circumstances. There is no expectation to complete these tasks, they are just there for you to use as you wish.

If you have any concerns about your child’s mental wellbeing, please contact School and we will do all we can to support you.

Five Ways to Wellbeing

At school we promote the ‘Five Ways to Wellbeing’ which are a set of really simple actions we can all take, which have been shown to improve people’s wellbeing. Here is a suggestion for each way to wellbeing.

I would love to hear how you are getting your ‘Five a day.’

Email me on year.two@ellwood.gloucs.sch to let me know what you have been doing.

Connect	Be active	Take Notice	Keep Learning	Give
<p>Connect with the people around you.</p> <p>Grown-ups – have a Video Call catch up with a friend or family member that you have missed. You could turn it into a games evening.</p> <p>Children – ask your grown up if you can Video Call a friend or family member that you have missed.</p>	<p>We all know exercise is good for your body, but it is good for your mind too.</p> <p>Can you hop all the way around your garden on one leg? Go and try! Now try doing it on the other leg. Which leg was easier? Who was the fastest in your household? Do it every day and see if you get quicker.</p>	<p>Be aware of the world around you and how you are feeling.</p> <p>Cloud meditation... Lie down outside and look at the clouds while taking deep, slow breaths. What shape are they? Are they fluffy or thin? Are they moving? Take time to be quiet while you observe and breathe.</p>	<p>Learning something new keeps our brains healthy, and the sense of achievement we get from learning something is great for our wellbeing.</p> <p>Can you name all of the oceans and continents? If you can’t, then challenge yourself to learn them and locate them on a map. If you can, do you know some interesting facts about them?</p>	<p>Evidence shows that helping others is actually beneficial for your own mental wellbeing too.</p> <p>Have you seen the upsetting photos of rubbish being left at beauty spots around the country? Give back to your local community by helping to keep our beautiful forest tidy. Next time you see some rubbish, pick it up and put it in the bin (while wearing gloves).</p>

Have you looked at the Wellbeing Section of our School website yet?

There are lots of useful links to websites which offer mental health advice and support.

We all have a mental health so we all need to take steps to help keep it healthy, just like our physical health!

Have a look at ‘My Hero is you’. An e-book that aims to help children understand and come to terms with COVID-19. This explains how children can protect themselves, their families and friends from coronavirus and how to manage difficult emotions when confronted with a new and rapidly changing reality.

<https://www.unicef.org/coronavirus/my-hero-you>

Give



Design a poster

Help keep the Forest clean

- We invite children under 12 to design a poster to say why littering is bad for the woodland and why you #LoveYourForest
- Please use A4 white paper for each design
- Use colourful pictures to grab attention
- Include words, or even a poem!
- Please only decorate using pens or crayons

The winning design will be used around our Forestry England sites to help spread the message. Please ensure designs are sent to us via email or post by **Friday 10 July**. Don't forget to include the child's name, age and contact details of the parent/teacher. For full details please see:

www.forestryengland.uk/forest-dean-competition

Email: competition@forestryengland.uk

Post: Forestry England, Bank House, Bank Street, Coleford, Glos. GL16 8BA

