

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.

Mrs Stevens

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
Connect with the people around you. Write a letter to a friend. This could be a best friend or friend that you have lost touch with. Share some lovely things about your life with them and think of some interesting questions to ask. Maybe you have some fun memories to share?	We all know exercise is good for your body, but it is good for your mind too. Do some gardening. Being active isn't just high intensity sports, there is something for every level of fitness. Gardening is a wonderful way to combine a relaxing hobby with some gentle exercise.	Be aware of the world around you and how you are feeling. Give yourself some time this week. Choose something that you find peaceful and relaxing and block out some time for yourself. This might be reading a book, a bubble bath, going for jog, spending quiet time in your garden. Do something for yourself!	Learning something new keeps our brains healthy, and the sense of achievement we get from learning something is great for our wellbeing. Have a family quiz night. Choose a subject that you are all interested in and allow some research time. Then bring out the snacks and have a fun family night, learning a few new facts along the way.	Evidence shows that helping others is actually beneficial for your own mental wellbeing too. Reach out to your local community and see if there is something that you could help with. This may be picking up litter, helping the elderly or vulnerable with shopping, organising food hampers or supporting a local business.

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!

MindEd offer educational resources for all adults on children and young people's mental health.

<https://www.minded.org.uk/>

Keep Learning

Family-Friendly Quiz

How many zeros are there in the number one thousand?

Who is Anna's sister in the Disney film Frozen?

What is a young sheep called?

How many weeks are in a year?

In what country is the Great Barrier Reef?

What does water turn into when it is frozen solid?

What is half of the number fifty?

Name as many planets in our solar system as you can (a point for each)

What is the biggest ocean on Earth?

When Humpty Dumpty was sitting on a wall, what happened next?

In Peppa Pig, what is Peppa's little brother called?

Which one of these is a fish: A shark, a whale or a dolphin?

What do we call someone who travels to space in a rocket?

What is the little mermaid's name in the Disney film?

How many colours are there in the rainbow? (and a bonus for naming them)

What do caterpillars turn into?

In what country are the pyramids?

What is the name of Mickey Mouse's girlfriend?

What is the tallest animal in the world?

Paris is the capital city of which country?