



THE WEEKLY WELLBEING TOOLKIT



WELLBEING FOR CHILDREN, PARENTS AND STAFF
Edition 8: 8th May 2020

Welcome to edition 8 of The Weekly Wellbeing Toolkit. Today marks the 75th anniversary of VE Day, and in these challenging times it is appropriate to compare what ordinary people gave then to what they are giving now. Kelly and Andrew.



This week we will be focussing on Give



The act of Giving, is not just in the form of a gift, it could be giving someone your time and attention. The simple act of giving someone a smile can be very uplifting in these unsettling times.

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like

volunteering in your local community.

Some examples of the things you could try include:

- saying thank you to someone for something they have done for you
- asking friends, family or colleagues how they are and really listening to their answer
- Spending quality time with friends or relatives who need support or company (of course whilst continuing to social distancing)
- offering to help someone you know with a project

For Everyone



The PSHE Association are offering FREE [home learning resources](#).

Their [Coronavirus Hub](#) is a highly valuable guidance and resources for educators to help meet the needs of their pupils through these unprecedented times.

For Children



Looking after your mental health during Coronavirus – top tips for making Resilient Moves when Computer Gaming! – Resilience Revolution

You can [download a free copy of the guide.](#)



Helping children keep **their brains amazing!**

CUES-Ed is an innovative psycho-education project based in primary schools developed by Clinical Psychologists and CBT therapists from the South London and Maudsley NHS Foundation Trust. They have created a free resource for children and parents to share some tips on looking after ourselves while schools are closed and we have to stay at home. Click on the Link [Here](#)

For Parents



As a school, we can do plenty to ensure that parents are looking after their own wellbeing. [Young Minds provides excellent guidance here.](#)

Here are some of the best practices we can encourage in parents to help improve the wellbeing of their children:

- Share worries and seek out support from friends and family
- Live a healthy lifestyle by eating well, exercising, having fun and getting enough sleep
- Stay well informed by finding out more about topics that concern them
- Never stop talking and listening to their child through good times and bad.

For Staff



#GivingBack #Thankyou

Optimus Education who have now opened their [Covid 19-
useful resources for free](#)

Quick Quiz:

Thanks to Radio Times Online for these questions.

1. What year was the first Toy Story film released in cinemas?
2. Who directed Titanic, Avatar and The Terminator?
3. Which three films make up what is known as the Three Flavours Cornetto Trilogy?
4. Who directed Parasite – the first foreign-language film to win the Academy Award for Best Picture?
5. Which Oscar-winning actress is the voice of Helen Parr (Elastigirl) in The Incredibles?
6. Name the 2015 film spinoff to the Rocky series starring Michael B. Jordan.
7. Meryl Streep won a Best Actress BAFTA for which 2011 political drama?
8. BD Wong voices Captain Li Shang in the animated musical Mulan, but which 70's teen heartthrob provided the character's singing voice?
9. Which actor broke two toes whilst filming The Lord of the Rings: The Two Towers?
10. Name the three movies in which Meg Ryan and Tom Hanks have starred together.
11. What is the highest-grossing box office film of all time?
12. Russell Crowe turned down the role of which character in Peter Jackson's Lord of the Rings trilogy?
13. How many films have Kate Winslet and Leonardo DiCaprio starred in together?
14. Name the film which boasts the famous line: "You can't handle the truth!"
15. What is the first word spoken in Star Wars: The Empire Strikes Back?
16. Who has won the most Oscars for acting in the history of the Academy Awards?
17. Which 1995 submarine drama featured uncredited additional dialogue courtesy of Quentin Tarantino?
18. Who played the lead role in the 2001 film Lara Croft: Tomb Raider?
19. Who was the director of 1996 action thriller The Rock?
20. What is the name of Tom Hanks' directorial debut which charts the rise and fall of a one-hit-wonder band in the 1960s?

Book Recommendations For Wellbeing:



Written by the author of popular learning resources such as 'the 5 Minute Intervention Plan', and contributor to the Geographical Association journal. Jane Bell distils the workload secrets of her 10 successful years in mainstream education into a concise, killer read. [Time-Smart Teaching](#)

For Adults:

Fever Pitch by Nick Hornby

A little 'old school' but one of the books that kick-started the current market in football writing that wasn't a ghost written autobiography. The tale of one man's love for Arsenal FC, including living close enough to Highbury to walk to home matches and climaxing with that Friday night in Liverpool in 1989. You don't have to be a Gunner to enjoy it either.

For Children:

The Turbulent Term of Tyke Tiler by Gene Kemp

Possibly the best book ever written about a primary school. From the days when children would take dinner money down to the office and spend all afternoon doing so. Any real life 'Tyke' would be under much scrutiny these days. With the best ending...don't give it away now.

For Young Children:

Where the Wild Things Are by Maurice Sendak

Another classic; follow Max to the land of the Wild Things in this wonderfully illustrated work, much loved by children and adults alike.



Blog of the Week

Nina Jackson though provoking blog

[The Last Sympathy Card in Tesco](#)

Long-time Associate Nina Jackson sums up the mood of the nation and beyond after an emotional trip to her local Tesco one Saturday evening in search of a sympathy card.

Virtual Day Trip

The Imperial War Museum

The museum may be shut but they still have millions of unforgettable stories to share with you.



Click [here](#) to take your virtual tours

Recipe corner: Orzo with Roasted Vine Tomatoes

Orzo is a small pasta shaped and cooked like rice grains, though 'orzo' in Italian translates to 'barley' in English.

This is a simple and delicious dish and an easy way to get children eating vegetarian or vegan food without a fuss. This recipe is adapted from The Green Roasting Tin by Rukmini Iyer.

Ingredients (Serves 4)

- 500g bag of orzo.
- 1 litre vegetable stock.
- 600-800g of vine tomatoes, halved. Save the vines.
- One red onion, finely chopped. (Or one bunch of spring onions)
- 2 bay leaves
- Salt and pepper
- Olive oil

Preheat an oven to 180 degrees C. In a large roasting tin, mix the orzo with the vegetable stock and lay the vines over the top. As the dish cooks these add additional flavour.

Arrange the halve tomatoes, cut side upwards, evenly around the orzo. Scatter the bayleaves, onion, plenty of black pepper and 1tsp of salt over the dish. Thansfer to the oven and roast for 20 minutes.

After 20 minutes, check the orzo is 'al dente', remove the vines and stir through 2 tablespoons of olive oil.

Scatter with the basil leaves and serve immediately.

Add a grated cheese of your choice, but for a vegan alternative, a topping of 'pangratata' which is made from breadcrumbs fried in a little olive oil with garlic, is an excellent alternative.

Instead of tomatoes, try sliced courgettes, baby aubergines or red peppers with this dish.

