



THE WEEKLY WELLBEING TOOLKIT



WELLBEING FOR CHILDREN, PARENTS AND STAFF
Edition 9: 15th May 2020

Welcome to edition 9 of The Weekly Wellbeing Toolkit. This week marks a change in the Covid19 situation with the announcement of a possible return to school and the anxieties this brings. Kelly and Andrew.



This week we will be focussing on Reintegration

what are other
words for
reintegration?



rehabilitation, psychotherapy,
restoration, therapy,
recuperation, convalescence,
recovery, help, analysis



Thesaurus.plus

Society , and schools in particular, has changed these past nine weeks. Reintegration is the action of restoring the elements to the whole to rebuild the previous unity of the society.

We know that schools are going to play an integral role in the reintegration of UK society. These are frightening, confusing and uncertain times but we know that with a common goal of keeping all of us safe and a hearty dose of patience and a sense of reality, we can meet this challenge together.

For Everyone
Seven strategies for dealing with anxiety [from the Education Support Partnership](#)

Though aimed at teachers, there is much for everyone to consider here as we manage our anxieties in a society trying to reintegrate.

For Children
Your teachers and teaching assistants have been amazing these past few weeks. Why not participate in [National Thank a Teacher Day](#) and show your appreciation for their work.



For Parents
Ways and questions to support your child in lockdown from [Young Minds](#)

YOUNGMINDS

For Staff

The wonderful Mr Brassington (@brassoteach on Twitter) has compiled a "Pandemic Pack" of resources to support children, parents and teachers alike.

Available through [this link](#).

Practical advice to support staff wellbeing in the crisis from [Education Support Partnership](#)



Tough Day?
Talk to us



#TwinklCares



**Education
Support**
Partnership

Quick Quiz:

Can you identify the missing words from the song titles?

Hint	Answer	Artist
Every ____ You Take		The Police
You ____ With Me		Taylor Swift
____ Yourself		Eminem
Another Day In ____		Phil Collins
Smells Like ____ Spirit		Nirvana
Enter ____		Metallica
Who Will Save Your ____		Jewel
Sweet ____ O' Mine		Guns N'Roses
Total ____ of the Heart		Bonnie Tyler
Rock Me ____		Falco
____ Ladies (Put A Ring On It)		Beyoncé
Fight the ____		Public Enemy
Addicted to ____		Robert Palmer
____ On Me		a-ha
____ to Heaven		Led Zeppelin
Riders On the ____		The Doors
We Are ____		Sister Sledge
____ Killer		Talking Heads
Life in the ____ Lane		Eagles
Rock Your ____		Justin Timberlake
99 ____		Jay-Z



Book Recommendations

For Wellbeing:

[Wellbeing in the Primary Classroom by Adrian Bethune](#)

Absolutely crucial as we plan reintegration, Adrian explores the nature of 'tribal' classrooms and the value of mindfulness whilst driving home the core message that happiness drives happy relationships. A must read for teachers and school leaders. Adrian has kindly released a sample chapter on kindness [here](#).

For Adults:

[The Boys in the Boat by Daniel James Brown](#)

The inspiring story of a team who built from the depth of economic despair to stun the world and the hosts in the Berlin Olympics of 1936.

For Children:

[Swimmy by Leo Lionni](#)

Deep in the sea there lives a happy school of little fish. Their watery world is full of wonders, but there is also danger, and the little fish are afraid to come out of hiding . . . until Swimmy comes along. Swimmy shows his friends how—with ingenuity and team work—they can overcome any danger. Rare, but worth a look out for.

For Young Children:

[The Grizzly Bear Who lost his GRRRRR! by Rob Biddulph](#)

Each year a contest is held for the bears of the wood... Fred is the champion. Then, one morning, disaster strikes--Fred's GRRRRR is gone! Will Fred find his GRRRRR and realize that there's more to life than being a winner?

Podcast of the Week

[For Flourishing's Sake](#)

Each week Frederika Roberts shares the thoughts of wellbeing leaders. This week's episode features Fabian de Fabiani of Townley Grammar School.

Virtual Day Trip

Yellowstone National Park

Home to bears and amazing scenery,
Yellowstone may be closed but is here to enjoy
in its virtual glory.



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

Recipe corner: Easy Homemade Fishcakes

These simple homemade fishcakes are great to make as a family. The fish choice is up to you: tinned fish such as tuna, salmon or crab works just as well as fresh fish such as salmon, haddock or cod and the beauty is any cut of fish can be used. Influenced by Mary Berry.

Ingredients (Serves 4)

- 500g of new potatoes
- Fish of your choice
- 6 spring onions finely chopped
- 2 tbsp mayonnaise
- 2 tsp mustard
- 2 tbsp chopped fresh parsley
- 100g breadcrumbs
- 1 tbsp oil
- salt and freshly ground black pepper

If using fresh fish, bake in the oven in foil or parchment for 20 minutes at 180 degrees C and leave aside to cool and flake with a fork, removing any skin. Place the new potatoes in a saucepan of salted water and bring to the boil. Boil for 15 minutes, or until tender. Drain well and mash or crush to the texture you wish. Season with salt and pepper and set aside to cool.

Spoon the cold potatoes into a bowl, mix in the spring onions, mayonnaise and mustard. Add the flaked or tinned fish. Add the parsley and stir until combined. Season to taste.

Shape the mixture into 8 fishcakes, roughly 9cm in diameter. Sprinkle the breadcrumbs on a plate and coat each fishcake.

Heat a wide, heavy-based frying pan, add the butter and oil and fry the fishcakes over a high heat for 4 minutes on each side, or until golden-brown all over. When frying, it's best not to overcrowd the pan, cook in two batches, if necessary. Serve with a green salad, tomato salsa, green beans or broccoli, to your taste.

