



THE WEEKLY WELLBEING TOOLKIT



WELLBEING FOR CHILDREN, PARENTS AND STAFF
Edition 16: 3rd July 2020

Welcome to edition 16 of The Weekly Wellbeing Toolkit. The wave of social solidarity we have seen sweep across the country in recent months throughout the coronavirus pandemic makes us feel proud. This community spirit, now needs to be rooted in school communities going forward
Kelly and Andrew



This week we will be focussing on Community

As Coronavirus shrank our world we saw a resurgence of community spirit.



Reflect on this question...

How do students, staff, and strangers feel when they walk into your school building?

Here are some top tips to create a positive school culture:

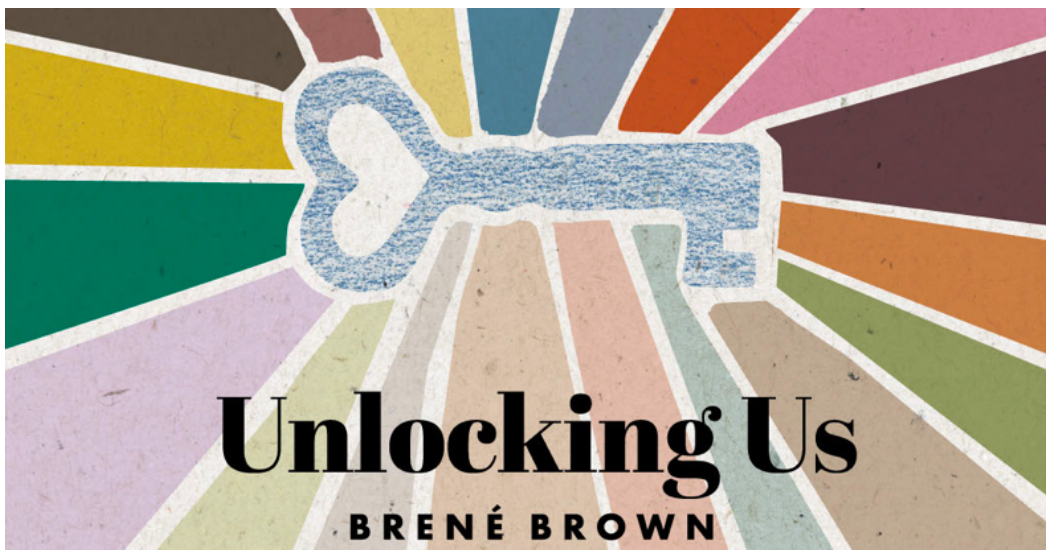
- Be Welcoming
- Improve Communication
- Honour different cultures
- Increase community partnerships
- Connect families from different groups

For Everyone



Talk To Us is our annual awareness-raising campaign

Samaritans are challenging the UK to become better listeners by sharing expert tips on how to be a better listener. Throughout July, Samaritans branches are also holding events throughout the UK and Ireland to raise awareness of the services they offer in their local communities. Visit your local branch website to see what they're doing during Talk To Us.



Join researcher and #1 New York Times best-selling author Brené Brown as she unpacks and explores the ideas, stories, experiences, books, films, and music that reflect the universal experiences of being human, from the bravest moments to the most brokenhearted.

[Introducing: Unlocking Us Podcasts](#)

For Children

The Art Room at Home

A series of projects for primary aged children to make at home together with parents, carers, and even teachers.



Place 2 Be have teamed up with @BAFTA Kids for our latest Art Room project: River to Sea. This project will support children to cope with changes, such as moving school. Watch as @cbbc's @RhysStephenson1 shares his creation.

Learn more here <http://place2be.org.uk/transition>

For Parents

In 3 words: When my child grows up I want them to be.....



At present the Coronavirus is the cause of much anxiety and concern for young people and families. Here are some resources designed to help cope with such stress and uncertainty at this time.

[CAMHS Resources](#)

For Staff

Great tips to create a work life balance from
[Voices of Wellbeing](#)



#ManicMonday - Tips from Voices of Wellbeing



- Take time to prioritise all your tasks and delegate where necessary.
- Make your system one that is manageable and allows you to celebrate each task you complete.
- Don't let others take your time when you have set aside a slot for working
- Take regular breaks. Drink more water rather than tea or coffee.
- Don't get angry or upset if you're not able to achieve everything on your list.
- Be kind to yourself.

#YourVoiceMatters #VOW

Transitions to new classes and schools will be more difficult for students due to Coronavirus. Check out these resources to help students from [Mentally Healthy Schools](#)

**Download the
Mentally Healthy
Schools toolkit:
managing
transitions**



MENTALLY
HEALTHY
SCHOOLS



Anna Freud
National Centre for
Children and Families



The [LGFL](#) team and [Dawn Hallybone](#) have created this fabulous resource for schools to help embed a whole school culture for wellbeing in education

Find [Wellbeing Connected here](#)

Welcome to Wellbeing Connected

Promoting Mental Health and Well Being support in Primary schools

NHS Survey 2017 found that 12.8 percent of five to 19-year-olds had at least one mental disorder when assessed, with emotional disorders being the most common disorder among school-age children, affecting 8.1 per cent.

Teacher wellbeing Index 2018 found that more than three-quarters of teachers surveyed experienced work-related behavioural, psychological or physical symptoms and more than half were considering leaving the profession due to poor health.

This comprehensive, free-to-access training tool has been developed for staff in schools, to help develop their understanding, skills and confidence to support pupils, the community and themselves with Mental Health and Wellbeing.

[Click here](#) to find out more about this resource or select from the topics below:





Quick Quiz:

1. What is the surname of the last British player to win the Wimbledon women's single title?
2. St George is the patron saint of England but in which country is he **buried**?
3. Where was Marc Cohen walking when he put on his blue suede shoes?
4. Which American singer was born Eleanora Fagan?
5. Hepatitis affects which organ of the body?
6. The Rolls Royce radiator ornament is called 'The Spirit of' what?
7. No 617 squadron of the Royal Air Force is better known as the what?
8. Which Bill played the role of Compo in Last of the Summer Wine?
9. In which US state would you find Suffolk County on an island?
10. What type of car was KITT in the original Knight Rider TV show?
11. Who wrote the 'Famous Five' series of books?
12. What is the **fourth** book of the Old Testament?
13. Rob **Andrew** was **director** of rugby at which Premiership team until 2006?
14. To what country does the island of Elba **belong**?
15. What is the real surname of Sting from The Police?

Book Recommendations

For Wellbeing:

[Self-Care: How to live mindfully and look after yourself by Claire Chamberlain](#)

Self-care is the essential action of looking after your mind, body and soul. Dip into this book whenever your energy is flagging and choose one of its many quick and easy self-care tips, from gaining strength with invigorating walks and delicious, healthy food to treating yourself to a slow evening of face masks and hot soaks.

For Adults:

[The Underground Railroad by Colson Whitehead](#)

Praised by Barack Obama and an Oprah Book Club Pick, The Underground Railroad by Colson Whitehead won the National Book Award 2016 and the Pulitzer Prize for Fiction 2017.

For Children:

[The King Who Banned the Dark by Emily Haworth-Booth](#)

There was once a little boy who was afraid of the dark. There's nothing unusual about that. Most children are afraid of the dark at one time or another. But this little boy was a Prince, and he decided that when he became King, he would do something about the dark. He would ban it. When a King bans the dark completely, installing an artificial sun, and enforcing "anti-dark" laws, it seems like a good idea. The citizens don't need to worry about monsters, crime, or any of the other scary things that might live in the dark. But what happens when nobody can sleep, and the citizens revolt?

Blog of the Week

[Time to Rejuvenate Teacher Wellbeing](#)

Writing for Innovate My School, Andrew discusses how teachers can be helped to manage and avoid the negative coverage in the press and on social media and how we might promote positive practices in challenging circumstances.

Virtual Day Trip
A Day Trip to Kew Gardens
[Take Your Trip Here](#)



Recipe corner: Chicken Caesar Salad

- Ingredients

- 2 boneless, skinless chicken breasts
- 1 tsp sunflower oil
- 1 romaine lettuce hear
- 10 cherry tomatoes, halved
- 2 slices of ciabatta bread, each about 1.5cm thick (15g a slice)
- flaked sea salt
- freshly ground black pepper

- Dressing

- 2 anchovy fillets in oil, drained and roughly chopped
- 1 garlic clove, peeled and roughly chopped
- 2 tbsp light mayonnaise
- 1 tsp lemon juice
- 15g Parmesan cheese, finely grated
- 2½ tbsp cold water



- To make the dressing, put the anchovy fillets in a pestle and mortar, add the chopped garlic clove and pound into a paste. Add the mayonnaise, lemon juice, Parmesan and water and stir well to make a pourable dressing
- Place a chicken breast between 2 sheets of cling film and bash it with a rolling pin until the chicken is about 1cm thick. Bash the other chicken breast in the same way, then season the breasts on both sides with a little salt and plenty of black pepper.
- Dip a pastry brush in the oil and brush over the base of a large nonstick frying pan. Place the pan over a medium heat, add the chicken and cook for 2 minutes. Turn the breasts over and cook for 2-3 minutes on the other side until nicely browned and cooked through. Remove from the heat and leave the chicken in the warm pan to rest.
- While the chicken is cooking, make the salad. Separate the lettuce leaves and wash and drain them well. Tear any large leaves into smaller pieces. Arrange the lettuce in a large serving dish and scatter over the tomatoes. Toast the slices of ciabatta and tear them into bite-sized pieces.
- Put the cooked chicken breasts on a board and cut them into thick strips. Scatter these over the lettuce and tomatoes and toss everything together lightly. Spoon over half the dressing and serve while the chicken is warm. Fantastic!