

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



**MORE
FANTASTIC
ARTWORK
INSIDE!**

OUR MESSAGE TO ALL OF YOU



**THIS IS JUST A SMALL MESSAGE,
FROM ALL OF US,
TO ALL OF YOU.**

PAGE 1



HEADTEACHER'S MESSAGE

Quotation of the week

"We learn from history that we do not learn from history." Friedrich Hegel

Did you know?

We may not be fully open but school is busy and teachers and support staff are working hard. We are setting online work and activities for students, checking that everyone is ok through keeping in touch calls, have been determining the grades to be awarded to GCSE and A level students, communicating with staff and families, answering queries, assessing work that has been submitted, holding meetings with governors, carrying out repairs and maintenance, painting and decorating areas of the school and starting to make arrangements for any possible re-opening of the school. Thank you to all parents and students who have sent messages of appreciation and support. Like yourselves, many of our staff are parents and carers and they are having to combine looking after and home-schooling their own children as well as doing their own jobs as teachers and support staff. It's not easy for anyone and some people find the present situation more difficult than others. I know that some of you may be coping with bereavements

and that makes life even more difficult. Our prayers are with everyone at this time and we need to be kind to ourselves and to each other.

Holy Family and WW2

Ryan Power's (Yr 11) mother got in touch to tell us a little about their Italian relations who fought in WW2. She writes, "Ryan's Italian great-grandfathers (Innocenzo Mastroianni and Antonio Zambella) fought in WW2. They were sent to fight in Siberia for a considerable length of time, although we don't know at what point in the war that happened. All we know is that great-grandad Antonio suffered severe frostbite and was eventually discharged on health grounds. As a young girl growing up I remember grandad showing us his blackened leg and talking about his time in the war. Both great-grandfathers survived the war but mourned several friends who never returned". Please do send us any other recollections that you have about your family's involvement. My own grandfather served in Burma as a Bren gun instructor. A Bren gun was a machine gun developed before WW2 but still used by the army as recently as 1992.

HEADTEACHER'S MESSAGE

He was in Burma when the war against Japan ended because of the dropping of the atom bombs on the cities of Hiroshima and Nagasaki and returned home in 1946.

The future of lockdown

We still have a lack of clarity about the expectations regarding re-opening the school. I'll have more to say about this again next week because there are further meetings taking place today between the government and the teaching and support staff trade unions. I shall write to everyone separately at the beginning of next week with a further update but this is what we know at present:

- Secondary schools are NOT expected to open on 1st June. However, we are asked to make plans to have "some face to face contact" with students in Yr 10 and Yr 12 from that date onwards.
- This does NOT mean that whole year groups will be returning on that date
- Any re-opening of schools will be dependent on the government's five tests being met
- Because it is prudent of us to do so we are stocking up with supplies of hand sanitiser, disinfectant wipes and other cleaning products and working

through the necessary risk assessments that we must carry out so that we are able to determine whether the school may be able to re-open

- At present it is only primary schools that are being asked to re-open to some year groups from 1st June, not secondary schools.

And finally, although it pains me to say it, today in 2004 Arsenal completed their unbeaten Premier League season, earning that team the moniker the Invincibles as Arsenal fans never seem to tire of reminding us. It was also the season in which my team Leeds United were relegated from the Premier League, but maybe, just maybe we shall get promoted this year!

As ever, do get in touch if we can help you in any way at this time and please continue to remember us in your prayers.

Dr Andy Stone

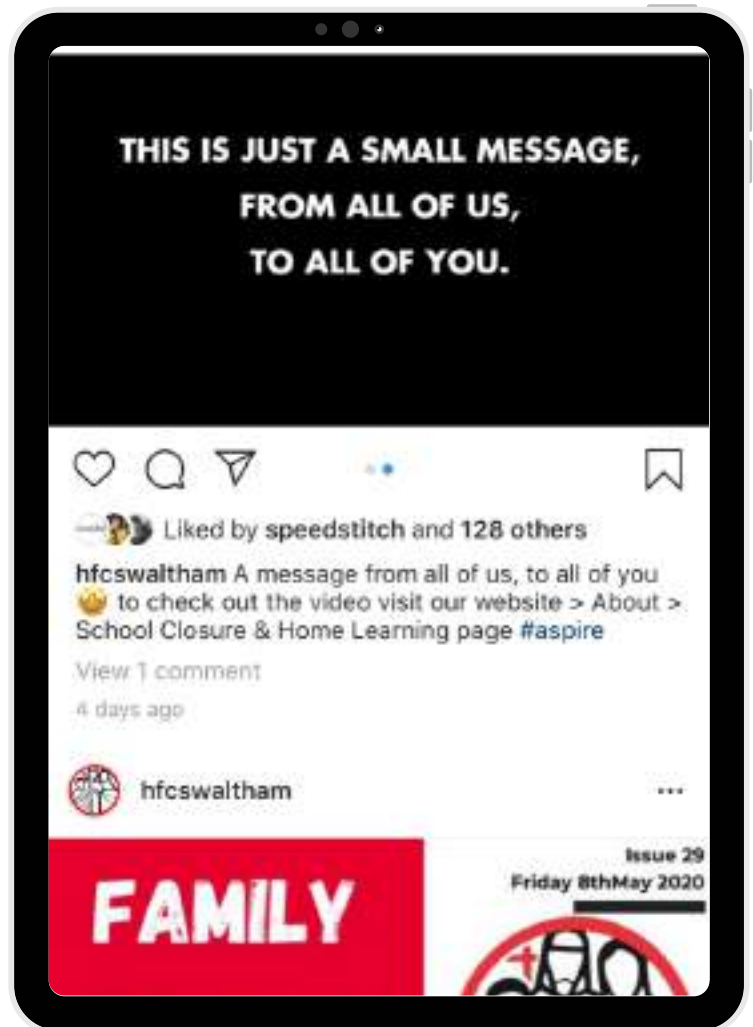
Headteacher



SOCIAL MEDIA CATCHUP



@hfcswaltham



@hfcswaltham

Chaplaincy Corner

- Mrs. Grierson. Chaplain



**Congratulations
to Fr Niall!**

Earlier in the year, Bishop Alan announced that Fr Niall of Our Lady & St George parish, is to be conferred a Canon. A canon is a member of the chapter of priests and this is the formal body which has legal responsibility for the cathedral and for electing the bishop.

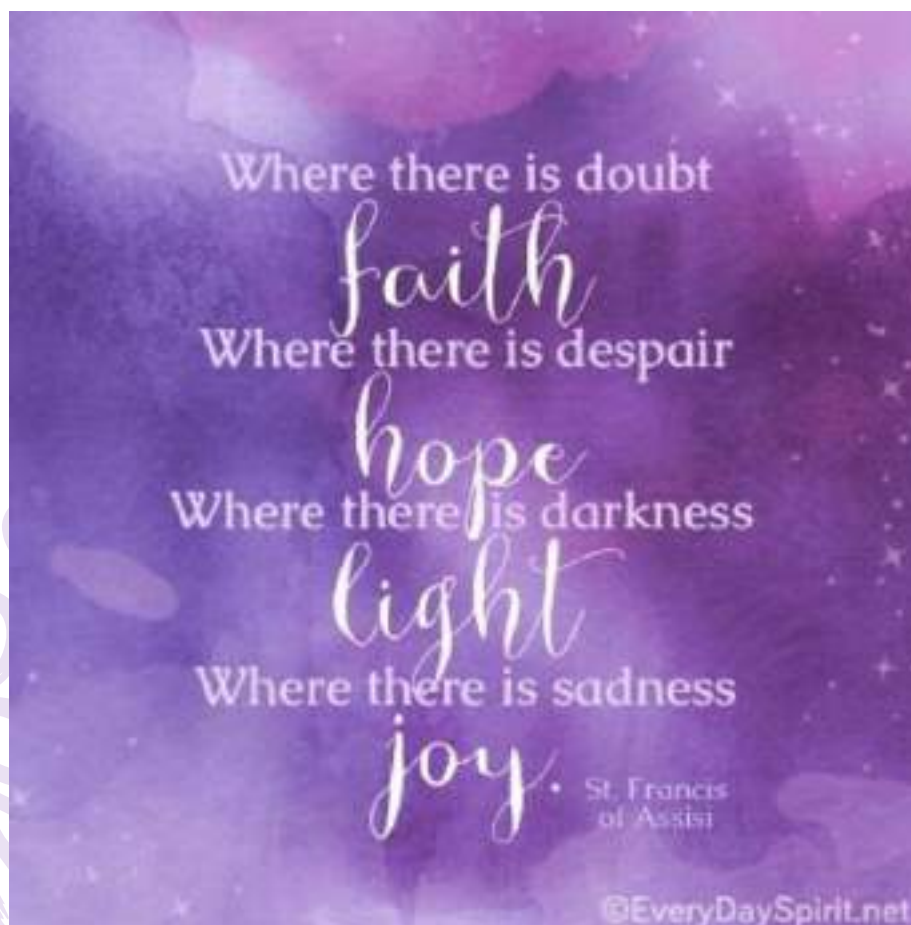
This is, of course, a great honour and there would usually be a service to mark this occasion. Although churches remain closed to the public, the conferral liturgy will still take place but without a congregation.

The Canonship is conferred to the canon elect Rev Fr Niall Harrington on Monday 18 May at 9.15am at Our Lady & St George Catholic Church by our Bishop's delegate Rev Canon Patrick J Sammon. All parishioners are invited whole-heartedly to participate at the live-streaming conferral liturgy.

This will be via the [OLSG Facebook](#) page

Speak out with a voice of joy ... the Lord has set his people free!

Whilst we know many continue to struggle, there is a sense of joy in this week's readings; in the acts of the apostles, the Psalm and a taste of this joy in the Gospel promise: *the Spirit will be given to us, and the Lord will be in us and we in the Lord.*



Hope,

In this time,
don't dwell solely on what the news relays to me,
think about all the others,
who have made the world just a little bit better for me,

Think of those who have suffered before us,
because of mutiny, all the scrutiny,
and those who still suffer to gain an equal opportunity,

Share,
even just what little **HOPE** you have,
and break free the shackles of pain for your friends, family and little neighbour Sam,

Remember,
that the suffering of those who began their struggle before us,
hasn't stopped,
because the suffering has just started in this manner, for us,

For them this is just another hurdle that hinders them from finishing the race,
For us,
this may be the only hurdle we ever have to face,

And so,
to you all,
think of this as a little happy ending,
To help with all the pain, the suffering, the boredom,
and to help you overcome words,
that some people may say,
words that turn out to be condescending,
and push some to go astray,

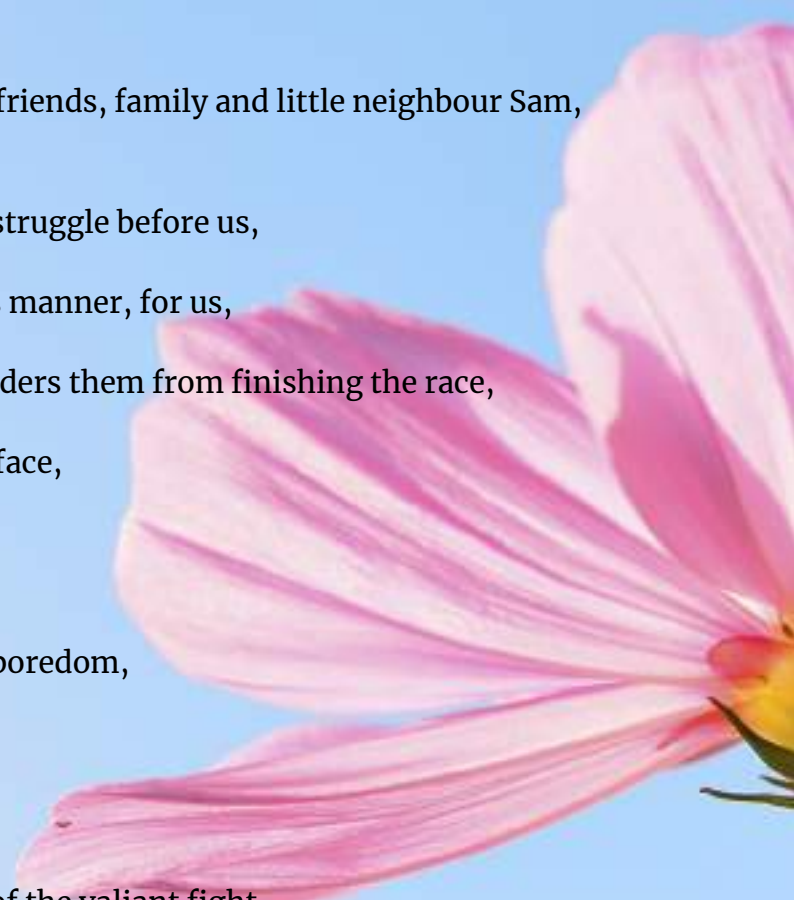
These final words to help alleviate the load of the valiant fight,

Take a look at your heart and just press it,
listen to the beat and just let it,
Flood over your body and other hearts,
and reveal to the world who **YOU** truly are,

Before this time you may have been truly selfish,
But now it's time to pick up your heart and resshelf it,

If you feel there is something you can do to help better the world,
Feel free to click on the global picture and press for a way better world.

Hope is what has and will bring everyone all together,
Hope is what will hopefully make the world just a little bit better.



We Miss You

This week we released a video, created by Mr Heelan, featuring a few faces you might recognise.



Make sure you're logged into your school Goggle account and click the picture to watch the video

**THIS IS JUST A SMALL MESSAGE,
FROM ALL OF US,
TO ALL OF YOU.**

"TO ALL OUR FAMILY, WE JUST WANT TO SAY, WE MISS YOU.

**YOU FILL OUR DAYS WITH LAUGHTER AND JOY, AND WE ARE
WAITING FOR THE DAY YOU WALK BACK THROUGH THOSE
GATES, THROUGH THE DOORS TO OUR CLASSROOMS, AND PUT A
HUGE SMILE BACK ON OUR FACES.**

**BUT UNTIL THAT DAY, PLEASE STAY SAFE AND STRONG, LOOK
AFTER YOURSELVES AND YOUR LOVED ONES, DO THINGS THAT
MAKE YOU HAPPY, TALK TO EACH OTHER HOWEVER YOU CAN,
AND REMIND YOUR FRIENDS AND FAMILY THEY ARE LOVED.**

**BE POSITIVE, CUT YOUR PARENTS SOME SLACK, KEEP WORKING
AND BEFORE YOU REALISE OUR FAMILY WILL BE BACK
TOGETHER STRONGER THAN BEFORE.**

**ALL OF OUR THOUGHTS, AND OUR PRAYERS, GO OUT TO
EVERYONE IN THE HOLY FAMILY, NOW MORE THAN EVER.**

**TO ALL OF YOU WATCHING, WE JUST WANT TO SAY,
WE MISS YOU."**

Women in Maths

12th March is the day we celebrate women in Maths.
Click the pictures below to learn more



#1 Maryam Mirzakhani



Emmy Noether was a Jewish woman who lived in Germany and was a pioneer in the field of abstract algebra.



#3 Mary Carrington



Sofia Kovalevskaya



#6 Marjorie Lee Browne



#5 Sophie Germain



Katherine Johnson was a mathematician who worked for NASA and was instrumental in the development of the space program.



Rana Parvaneh



Hannah Fry is a mathematician who works at the University of Cambridge and is also a writer and broadcaster.

$$\sum_{i=0}^n x_i^2 = (y-1)^2$$

$$y = \frac{ax}{a^2}$$

$$\sin a = b$$

$$\sum_{n=0}^{\infty} \frac{x^n}{n!}$$

$$\frac{1}{a^2+b^2}$$

MATHS CORNER

Mathematics Mastery #Maths1

LAST WEEK'S MATHS CHALLENGE



In the city of Great Rhombusia, 40% of people own cats.
16% of cat owners (or 1240 people) own dogs.

How many people live in Great Rhombusia?

1240 = 16% of cat owners
 $1240 \times 100 \div 16 = 7750$ = total number of cat owners
 7750 = 40% of people in Great Rhombusia
 $7750 \times 100 \div 40 = 31\,000\,000$ = total people in Great Rhombusia

Maths Vocabulary

arcus n. bow, arc, rainbow (Latin)

arcade n.
 1. In architecture, a row of arches, often part of a covered passage with shops on both sides.
 2. An establishment that runs coin-operated games.



arc n.
 1. A continuous part of the circumference of a circle.

Did you know?
 The French for rainbow is arc-en-ciel which literally translates to arc in the sky.



ONE OF THE FEMALE MATHEMATICIANS WHO CHANGED THE WORLD



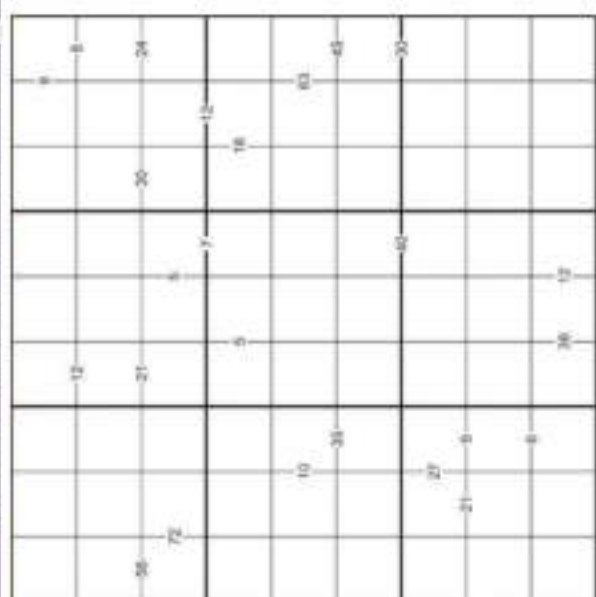
FLORENCE NIGHTINGALE 1820-1910

FLORENCE NIGHTINGALE THE 'LADY WITH THE LAMP' IS FAMOUS TO MOST FOR HER CONTRIBUTIONS TO NURSING AND HYGIENE, BUT DID YOU KNOW SHE ALSO MADE A MAJOR CONTRIBUTIONS TO MATHS AS WELL? IN FACT IT WAS MATHS AND STATISTICS PARTICULARLY THAT HELPED HER TRANSFORM THE PRACTICE OF NURSING.

EMAIL MRS.ASANTE IF YOU HAVE ANY QUESTIONS.

Life is a maths equation. In order to gain the most you have to convert all negatives into positives

This week's challenge



Like the standard Sudoku, this Sudoku consists of a grid of nine rows and nine columns subdivided into nine 3x3 subgrids.

Like the standard Sudoku, it has two basic rules:

- Each column, each row and each box (3x3 subgrid) must have the numbers 1 to 9.
- No column, row or box can have two squares with the same number.

The puzzle can be solved with the help of clue-numbers which are small numbers written on the intersections between two cells. Each clue-number is the product of the two digits in the two cells that are on either side of it.

For example, if in the top right box, numbers for the cell in row 1, column 9 and the cell in row 2, column 9 are either 1 and 8, 8 and 1, 4 and 2, or 2 and 4 respectively.



The Bright Ideas Challenge, Shell's STEM competition for 11-14 year olds. With the disruptions and difficult circumstances brought about by Covid-19, we want to ensure that we're still supporting students to engage with learning and to have access to the same opportunities to win fantastic STEM prizes for them and their school.

5 things you should know about The Bright Ideas Challenge

- Entering is free and easy to do: all submissions can be sent by email
- All the resources are curriculum linked and designed to support STEM learning
- **The deadline is 5pm on Friday 19th June 2020**
- Individual entries or teams of up to 5 students are acceptable
- Top prize of up to £10k up for grabs, as well as goodie bag items for each winner!

For more information on the competition and T&Cs, visit shell.co.uk/brightideaschallenge.

ART & PHOTOGRAPHY



Lexi Gent, yr 10



Ann-Marie Ibiabuo



Bianca Gonzales, yr 12



Debbie Kwarteng, y7



Terryana Agyim, yr7



Eveleen Drapalyuk, yr 7



Marianne Hernandez, yr 12



Parwana Jayan, yr7



Sianna X , yr 8



Allison Teves



Alisia Dehelan



Zackary R



Elena O'Brien Klee



William Chuk



Emilia Biedrowska, yr 8



Sam Mee



Malachi Cameron Marquez



Kudaishe



Raya Hutchenson, yr7



Gabriella Francis



Lewis Benjamin, yr7



Thomas Ead-Mitchins y7

ART & PHOTOGRAPHY



Allison Teves



Gabriela Francis



Zackary Reb



William Gray



Mary



Martinas



Nicholas Gauba



Sofiya



Almaz



Alicia Delehan



laurak



Mr McCollin, Head of Maths



Mr Singh, Head of Art

MEDIA STUDIES

Production skills - Teen magazines

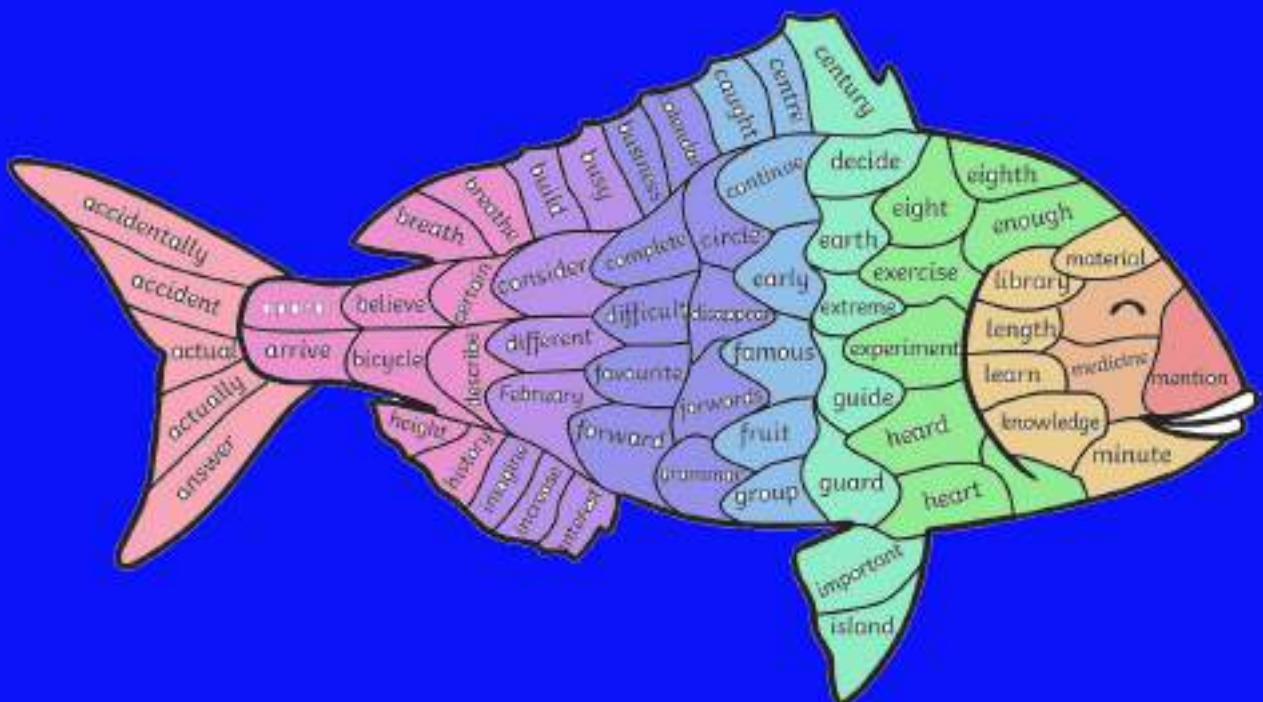
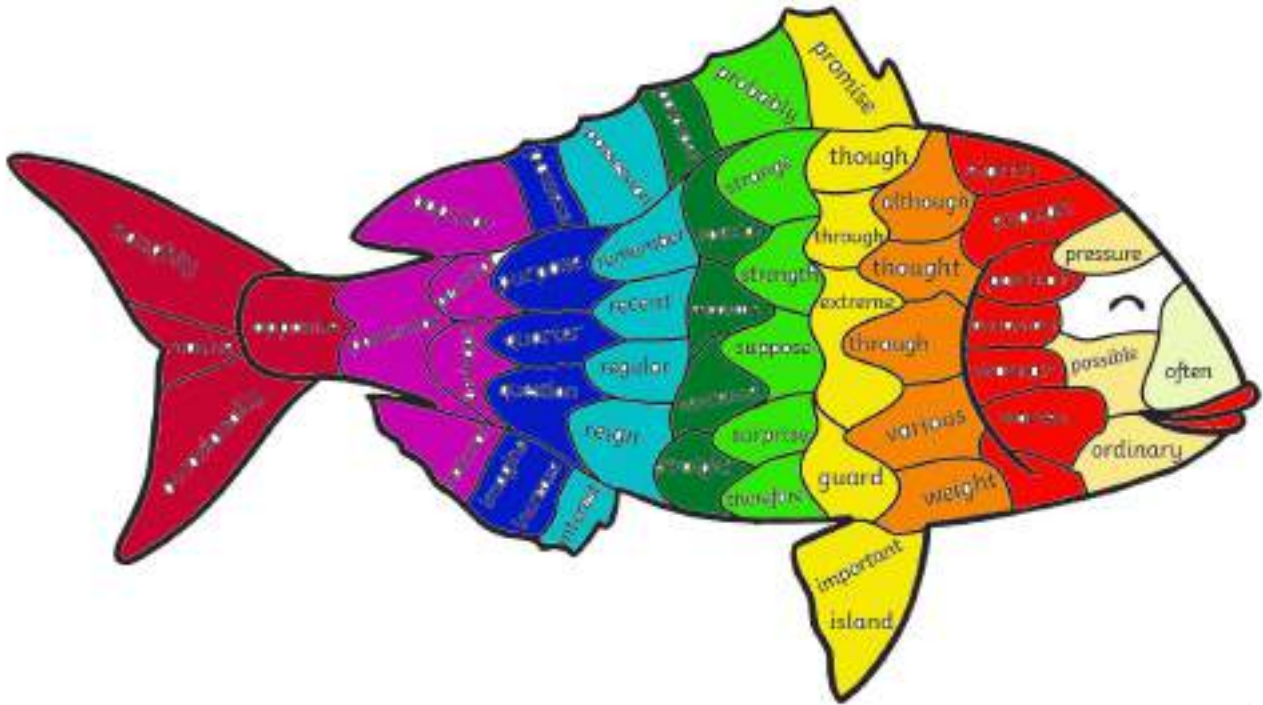


FINE TUNING SKILLS

On top of doing their normal school work students have also been taking the time to fine tune some of their basic skills. What better place to start than with spelling?

Can you spell all of these words correctly?

Statutory Spelling Words Colouring Fish



PRODUCT DESIGN TEXTILES

Year 8 - Using their digital print designs from last week and applying them to fashion and clothing!



PRODUCT DESIGN TEXTILES

Year 8 - Exploring a range of surface textures and patterns in the environment and applying them to fashion and clothing!



MUSIC

Home-made instruments!



SIXTH FORM

Please inform Mrs Warwick if you book any sessions, so we can credit you, and contact her if you have difficulty booking

mrs.warwick@holycatholicsschool.co.uk

Opportunity	Details	Website/more details
Mental Health Taster Lesson /Information	City University Tuesday 19 May 17.00-18.00	contact me to register
Optometry Taster Lesson/informative	City University Tuesday 19 May 12.30-13.30	contact me to register

Opportunity	Details	Website/More Details
Virtual Summer Residential Scheme - Exeter University You must be able to attend the whole week	Monday 27-Friday 31 July Deadline 27 May	For application form https://www.exeter.ac.uk/exeterscholars/apply/year12/nationwide
Make Your Personal Statement stand out East London University	27 May 11.00-11.45 24 June 11.00-11.45 15 July 11.00- 11.45	Email me to register
Summer Work Experience 1 Two week work experience with Charles Russel Speechlys	During end of July- beginning of August Although these are both law firms you do not have to be thinking is studying law, but working in the City.	For application details contact https://www.thebrokerage.org.uk/
Summer work Experience 2 Two week work experience with Reed Smith Legal	During end of July beginning of August	same details as above
CV Workshop	Property Prize	Joining details https://www.thepropertyprize.com/mentoring

YEAR 8



Year 8 Stars

Hello Year 8!

Mr Sayer and I have been receiving STAR nominations from your teachers.

The following students have been nominated for producing outstanding work so far and for contributing to the Holy Family Way.

Well done and keep up the excellent work!

Please congratulate the following students.

Thank you
Miss St Aimie & Mr Sayer

Kezia Tomy Mathew

complete work and good communication in French

Darnel Norville

All English Lockdown work completed with great effort & skill

Yu Ruo Chen

complete work and good communication in French

Cino Jose

complete work and good communication in French

Claude-Andre N'Ghandu

complete work and good communication in French

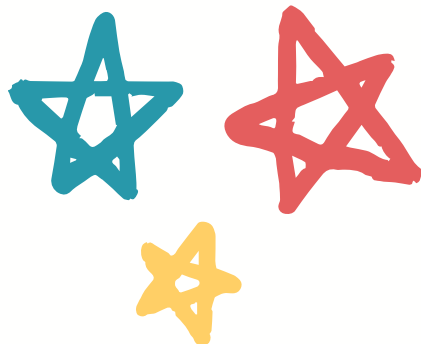
Maame Asante

complete work and good communication in French

William Gray

complete work and good communication in French

YEAR 9



9E

- Kemal Cummings - Working hard in Maths lessons
- Edem Akator - Good effort in RE
- James Kerr - Reflective work on Mary's place in our faith in RE
- Lora Baranovska - Great work in RE and sustained effort during lockdown
- Marick Sabino - A wonderful reflection on the importance of faith for his RE work.
- Maria Boga - Achieving 100% in an exam question for RE having been self taught!
- Tara Harker - Engaging well with her RE work and our google classroom.
- Maria Boga - Engaging in virtual lesson for Chemistry
- Tara Harker - Exceptional set of notes taken during an online lesson, and high levels of motivation to do well.
- Harry Zheng - Excellent English Work
- Maria Boga - Good English work

9I

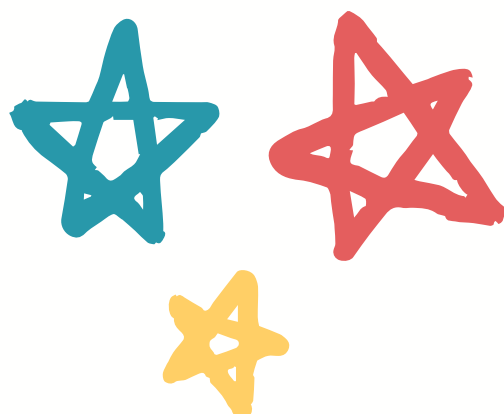
- Chenna Diegbe Smith - Excellent English Work
- Chenna Diegbe Smith - For completing his geography case studies booklet to the standard a year 11 would envy! Consistently hard working, much appreciated Chenna!
- Therese Saite - Engaging in virtual lesson for Chemistry
- Chenna Diegbe Smith - Completing recent Chemistry work by deadline
- Amas Jankauskas - Engaging in virtual lesson for Chemistry
- Bryan Akon - Great attempt at tackling a range of exam question style questions for unit 1 in Catering. Keep it up!
- Kyle Campbell - Great attempt at tackling a range of exam question style questions for unit 1 in Catering. Keep it up.

9A

- Gabriel Chapman - Trying hard in maths lessons
- Connor Dalladay - Great effort with the geography case studies booklet
- Connor Dalladay - Submitting recent work by deadline
- Milofer Vela - Engaging in virtual lesson for Chemistry
- Kira Baranskova - Excellent English Work
- Maria Gomes - Great Effort & Ideas in your White Teeth Creative Writing Piece
- Laandrow Smith - Good Work on Natives in English!
- Joshua Onunkwo - Great attempt at tackling a range of exam question style questions for unit 1 in Catering. Keep it up!

9AN

- Lynn Wilhelm Sandoval - Engaging in virtual lesson for Chemistry
- Jaiden Farrell - Excellent Creative Writing Piece inspired by White Teeth Novel
- Shawn Edwards - Great attempt at tackling a range of exam question style questions for unit 1 in Catering. Keep it up!
- Maria John - Amazing work in French. Completed all the tasks and has done some beautiful research on celebrities. Keep it up!

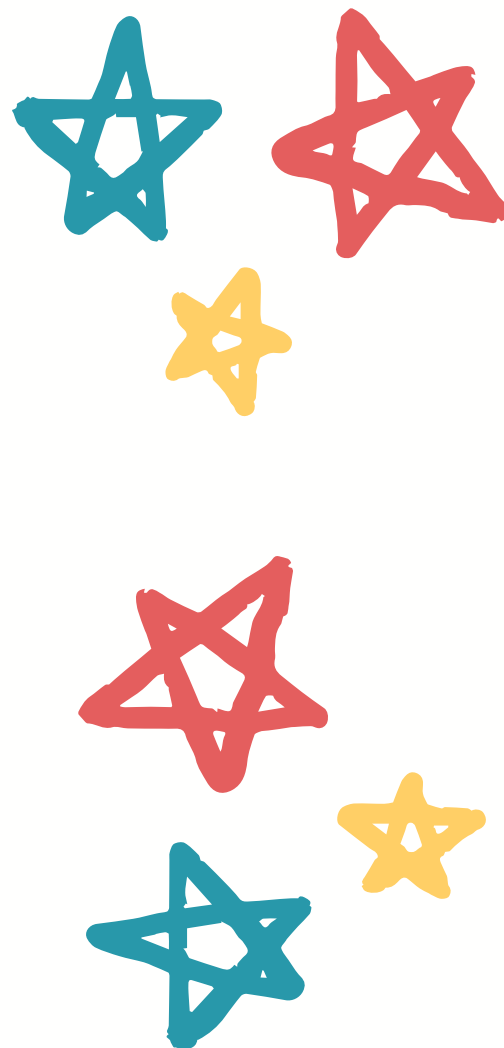


9R

- Tingyu Ailing - Excellent effort in Maths work during the lockdown
- Arkadiusz Kuciel - Excellent effort in Maths work during the lockdown
- John Shotikare - Excellent effort in Maths work during the lockdown
- Noah Bruce - Excellent effort with work on Chemistry unit 'Energy Changes'
- John Shotikare - Superb effort with work on Chemistry unit 'Energy Changes'
- Mathavan Yogathasan - Exceptional work on written tasks in geography, especially when it comes to effort on exam questions.
- Noah Bruce - Great attempt at tackling a range of exam question style questions for unit 1 in Catering. Keep it up!
- Tingyu Ailing - Fantastic research on French celebrities.

9S

- Elital - Excellent effort in Maths work during the lockdown
- Angelina Martin - Excellent effort in Maths work during the lockdown
- Amelia Szewdo-Bielicki - Excellent effort in Maths work during the lockdown
- Chean Gregory - Excellent effort with Chemistry unit 'Energy Changes'
- Amelia Szewdo-B - Superb effort with work on Chemistry topic 'Energy Changes'
- Anthony Samuel - Great attempt at tackling a range of exam question style questions for unit 1 in Catering. Keep it up!



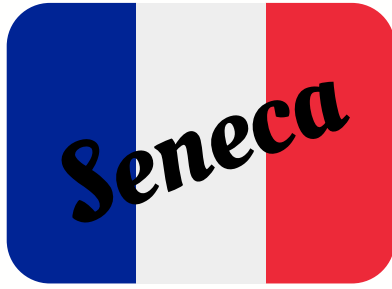
9P

- Febylin Jagunap - Excellent effort in Maths work during the lockdown
- Omaria Newell St-Jean - Effort and participation in English sessions
- Elisjana Puci-DI - Great attempt at tackling a range of exam question style questions for unit 1 in Catering. Keep it up!

9PH

- Philomena Te Velde - Producing a useful summary in RE
- Remajan Moharan - Strong responses to RE work.
- Silvio Yanev - Improved effort in RE
- Victoria Szlachta - Achieving 100% in an exam question in RE after having been self taught!
- Nana Agyemang - Reflective and detailed work on Mary as a model of our Catholic Church.
- Luca Da Conceicao - Excellent effort in Maths work during the lockdown
- Victoria Szlachta - Excellent effort in Maths work during the lockdown
- Luca Da Conceicao - Excellent effort with Chemistry work on Energy Changes
- Remajan Moharan - Excellent work in English sessions

MFL Champions!



Nilofer Velu

**Joseph Bearfield
Thomas Masterton
Cameron Hinds
Omari Paul-Jones
Luan Ademaj**



The Learning Support Team

Special Educational Needs and Disabilities (SEND) & English as an Additional Language (EAL)

Anouchka Schmidt – SENDCO a.schmidt@hollyfamily.waltham.sch.uk

Aoife Minnock – Deputy SENDCO a.minnock@hollyfamily.waltham.sch.uk

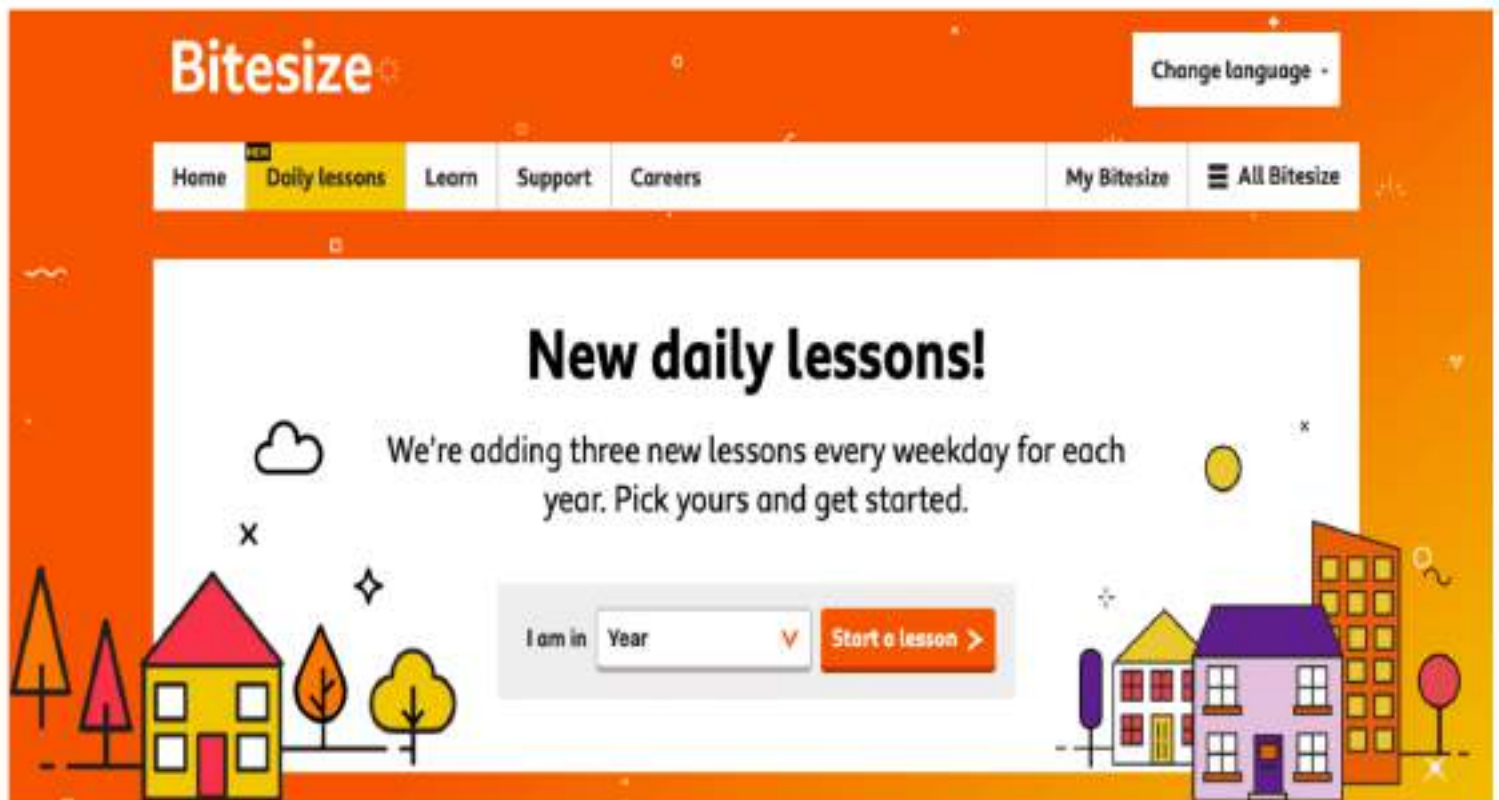
Monika Scullion – SEN & EAL teacher m.scullion@hollyfamily.waltham.sch.uk



Online lessons for all key stages for free

BBC bitesize offers free online content for primary and secondary school students. David Attenborough also teaches some of the geography lessons!

Go to: <https://www.bbc.co.uk/bitesize>



Reading strategies for parents:

Renaissance, the company behind the **Accelerated Reader**, has published a document with tips for parents on how to make reading meaningful.

RENAISSANCE[®]



Build successful readers: Strategies for parents

The love of reading begins at home. As parents, you play a vital role in your child's reading development.

Here, you'll find ideas and activities you can use to nurture children's love of reading, preparing them for success in school and beyond.

1. **Read to and with your child every day.**

By far, this is the most important thing you can do to promote a love of reading. Reading aloud to a young child, even before a baby can hold a book, stimulates the child's mind and helps to build an appreciation for books. Reading to children before they start school will improve their vocabulary and prepare them for learning to read on their own.

Try to read to your child for 30 minutes each day. If that is not possible, remember that five minutes a day is better than none.

For emerging readers, you may want to read several words while your child follows along, supplying the next word. Ask your child to find letters and words on the page. When your young reader has gained enough skill, invite your child to read with you. Play a game by alternating sentences—you read one sentence and your child reads the next.

When you are unable to read to your child, ask grandparents, neighbors, babysitters, siblings, and other caregivers to step in and serve as the designated reader for the day. Besides increasing skills and appreciation for books, these reading sessions will create memories that will last a lifetime.

2. **Make reading meaningful.**

Show your emerging reader how reading and writing help you get things done every day—cooking, shopping, driving, and so on. Teach your child simple words that appear often in daily life, such as “stop,” “exit,” “walk,” and “bus.” Once your young reader sees the connection between reading and daily tasks, your child will come to understand the importance of learning to read.

3. **Dedicate time to read as a family.**

Set aside time at home to read and share stories. Family reading provides valuable practice and reinforces the importance of reading well.

4. **Show your child how much you love to read.**

Model your own interest in reading by reading in front of your child often. Let your emerging reader see you read for pleasure, and encourage your child to do the same. Suggest reading as a free-time activity, and make sure your child has time to read every day.

5. **Set up a reading area in your home.**

Put books your child enjoys in a single location where they can be easily accessed—such as a bookshelf in a bedroom. Choose a quiet, well-lighted place, and equip it with a comfortable chair and anything else your young reader may need. As your child's reading skills improve, add more challenging books to the collection.



6. Let your child choose the books of interest.

By allowing your child to select books, you are empowering your emerging reader to take charge of learning. Your child will feel active and involved, increasing excitement and adding to the fun of reading.

7. Pair books with activities your child enjoys.

Encourage your child to read books about favorite activities. You may also combine those activities with books on the subject. For example, if you're planning to spend a day at the beach, suggest your child read a story about the ocean. Discuss the book as you travel to and from the activity. On the way home, discuss how the beach met—or didn't meet—expectations from the book.

8. Visit the library often.

Take your child on trips to the library and build excitement about borrowing books. Make getting your child's first library card a special event.

9. Revisit the books you loved as a child.

Introduce your child to some of your favorite childhood books. Borrow them from the library and read them together. Ask your child to pick out a favorite book so you can read it. Then discuss it together.

10. Practice writing with letters to family members.

Encourage your child to write notes to grandparents and other relatives. Ask the family members to write back. Doing so will not only improve your child's reading and writing skills, but bring your family closer together, as well.

11. End every day with a bedtime story.

Establish a bedtime ritual that includes reading aloud to your child. As bedtime approaches, model your excitement for reading by talking with your child about how you can't wait to find out what happens in the next chapter, and discuss what each of you thinks will happen next. In addition to helping your child gain an appreciation for good stories, this routine will give you and your child more quality time together.

12. Celebrate your child's success.

Celebrate when your child finishes new or challenging books. Take your young reader out for a treat, get more books, or rent a movie adaptation of the book, if one is available. Compare the story told in the movie to the original story in the book.

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Reading With Your Child

Some questions to ask your child whilst reading together:

1. Look at the front cover. What could the book be about?
2. Who is the author?
3. What is an illustrator? What do they do?
4. What does that word mean? Read the words around it to help you figure it out (context).
5. How can you read an unfamiliar word? Can you sound talk and then blend?
6. Who are the main characters?
7. What do you think will happen next?
8. How do you think that character feels? Why? How would you feel in that situation?
9. Can you predict how the book will end?
10. Who is your favourite character? Why?
11. Is there a hidden message in the story? What is it?
12. Can you retell the story in your own words?
13. Do you like how the story ended? Can you think of another way the book could have ended?

HOW TO MAINTAIN GOOD MENTAL WELLBEING DURING ISOLATION

WELLBEING IS ABOUT BEING ABLE TO EXPERIENCE GOOD HEALTH, HAPPINESS AND HIGH LIFE SATISFACTION, INCLUDING MANAGING YOUR STRESS. IT'S NOT ALWAYS EASY TO FIND THE RIGHT STRATEGIES TO ESTABLISH AND MAINTAIN YOUR WELLBEING. OFTEN THE MOST SUCCESSFUL METHODS ARE UNIQUE TO YOU AND ONES THAT CAN BE CONSISTENTLY APPLIED LIKE FOR INSTANCE, EVERY WEEK.

TOP TIPS FOR ALL

MINDSET & THOUGHTS

SOMETIMES, WE CAN ONLY SEE THE PROBLEMS AND CHALLENGES. TRY TO TAKE A FEW MOMENTS EVERY DAY TO REFLECT, PERHAPS THROUGH WRITING IN A JOURNAL OR SPENDING FIVE MINUTES IN THE MORNING TO NOTICE SOMETHING WE CAN BE THANKFUL FOR AND FEEL POSITIVE ABOUT.



POSITIVE THOUGHTS

WHEN YOUR THOUGHTS ARE OVERWHELMINGLY NEGATIVE, WE CAN FIND IT HARD TO FIND HEADSPACE TO THINK POSITIVELY. TRY THIS... IMAGINE YOU ARE SAT ON TOP OF A HILL AND YOU ARE LOOKING DOWN AT A TRAIN TRACK BELOW WHERE TRAINS ARE COMING AND GOING. NOW IMAGINE THE TRAINS ARE YOUR THOUGHTS. WATCH THEM COME AND GO, BUT DON'T GET ON THE TRAIN. JUST WATCH THE THOUGHTS COME AND GO IN YOUR MIND WITHOUT ACTUALLY FOLLOWING THE NEGATIVE ONES DOWN AN UNHELPFUL/NEGATIVE TRACK JUST WATCH IT PASS!



EAT WELL



A 2014 STUDY FOUND HIGH LEVELS OF WELLBEING WERE REPORTED BY INDIVIDUALS WHO ATE MORE FRUIT AND VEGETABLES. THE KEY TO BALANCING EATING WELL WITH BUSY FAMILY LIFE IS TO PLAN AHEAD. IF YOU CAN PLAN WEEKDAY MEALS AND BUY THE INGREDIENTS AHEAD OF TIME THIS REDUCES THE NUMBER OF 'LAST MINUTE' UNHEALTHY MEALS.

DOING GOOD DOES YOU GOOD

THERE IS A STRONG RELATIONSHIP BETWEEN WELLBEING AND COMPASSION. DOING GOOD CAN HELP LOWER STRESS LEVELS AND IMPROVE YOUR WELLBEING AND MENTAL HEALTH. HOWEVER, THIS CAN ALSO WORK THE OTHER WAY AND YOU SHOULD ALWAYS ENSURE THAT YOU ARE NOT HELPING OTHERS AT THE COST OF YOUR OWN WELLBEING.



KEEP PHYSICALLY ACTIVE

STUDIES SHOW THAT THERE IS APPROXIMATELY A 20-30% LOWER RISK OF DEPRESSION FOR ADULTS PARTICIPATING IN DAILY PHYSICAL ACTIVITY. TRY TO FOLLOW A SERIES OF FITNESS VIDEOS ONLINE OR, IF YOU PREFER, GO FOR A WALK EACH DAY. EVEN IF YOU CAN'T FIND TIME DURING THE WEEK, CARVE OUT TIME AT THE WEEKEND. MANY PEOPLE FIND THAT JUST THE CONNECTION WITH OUTDOORS AND BEING ABLE TO WALK IN AN OPEN/GREEN SPACE HELPS TO 'RESET' THEIR MIND AND WELLBEING FOR THE DAY.



GOOD QUALITY SLEEP ZZZZZ

IF YOUR MIND FEELS FULL UP OR YOUR EMOTIONS ARE OVERWHELMING, YOU WILL FIND IT HARD TO ENJOY A GOOD NIGHT'S SLEEP. THERE ARE LOTS OF FREE MEDITATION AND SOOTHING SOUND VIDEOS ON YOUTUBE (WAVES, RAIN, CALMING MUSIC) OR FIND A PODCAST WHICH IS FUNNY OR HUMOROUS. WRITE YOUR THOUGHTS DOWN ON A PAD OR CREATE A 'TO DO' LIST. THEN PUT THE PAD OUT OF SIGHT UNTIL THE MORNING. DEEP BREATHING FOR AT LEAST 3 MINUTES CAN ALSO HELP. IN SLOWLY THROUGH YOUR NOSE AND OUT SLOWLY THROUGH YOUR MOUTH.

ACCEPTING HELP



WE MUST BE ABLE TO LEAN ON OTHERS WHEN NECESSARY. IT IS UNREASONABLE FOR US TO ASSUME WE WILL NEVER NEED HELP THROUGHOUT OUR LIFE. THIS MEANS ACCEPTING HELP WHICH MAY BE VOLUNTEERED OR ASKING WHEN THE NEED ARISES. THE HELP COULD BE THROUGH A FRIEND, RELATIVE OR SERVICE YOU TRUST, INCLUDING NATIONAL HELPLINES.

STAYING CONNECTED

HIGHER RATES OF MENTAL HEALTH PROBLEMS, SUCH AS DEPRESSION AND ANXIETY, ARE ASSOCIATED WITH LONELINESS AND SOCIAL ISOLATION. OFTEN SOCIALISING WITH OTHERS CAN FEEL LIKE A LOT OF EFFORT IN THE EVENING WHEN WE'RE TIRED. HOWEVER, HEALTHY RELATIONSHIPS AND CONNECTIONS TO OTHERS HAVE A SIGNIFICANT IMPACT ON MAINTAINING GOOD WELLBEING. USING VIDEO CALLS, LIVE STREAMING OR 'FACETIME' IS A GREAT WAY TO KEEP IN TOUCH WITH FRIENDS AND FAMILY IF YOU'RE FEELING ISOLATED. IF YOU PREFER CALLING, PICK UP THE PHONE FOR A CHAT. MAINTAINING GOOD RELATIONSHIPS HELPS TO SET A GOOD EXAMPLE FOR CHILDREN, AS THEY NOTICE AND IMITATE THE BEHAVIOUR AND EMOTIONS OF THOSE AROUND THEM.



The
National
College

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL, INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



FOR FURTHER INFO, CHECK OUT THESE ONLINE RESOURCES:

<https://www.nhs.uk>

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

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

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

Web: www.thenationalcollege.co.uk | Email: enquiries@thenationalcollege.co.uk | Facebook: @thenationalcollege | Twitter: @thenatcollege

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Advice for parents

ELEVATE EDUCATION UK RECENTLY
HELD A MOTIVATION WEBINAR
WHICH GIVES SOME USEFUL TIPS ON
MOTIVATING YOUNG PEOPLE TO
STUDY AT HOME.

CLICK THE IMAGE BELOW TO BE
TAKEN TO THE WEBINAR.



CLICK FORWARD TO THE
5 MINUTE MARK FOR THE START
OF THE WEBINAR

MISS CARRICK'S

EMAIL TO JOIN

Google Hangouts Script Reading

THIS WEEK CURIOUS INCIDENT OF THE DOG IN THE NIGHTTIME WAS READ ON GOOGLE HANGOUTS! ALL DRAMA STUDENTS ARE ENCOURAGED TO JOIN AND IF ANYONE IS INTERESTED THEY CAN SEND MISS CARRICK AN EMAIL TO BE ADDED TO THE GROUP.
NEXT WEEK WE WILL READ A STRANGER THINGS SCRIPT!