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Welcome to this week's Wellbeing Wednesday!

This week has a special focus as its National Mental Health Awareness week. The focus for this year's week is 'Kindness'.

This week's update contains the following:

1. Why Kindness and how to be kind to others and yourself
2. Week 8 Quiz
3. This week's 'Challenge'
4. A new recipe to try
5. Useful websites and a range of resources attached

Why Kindness?

As the UK faces a global coronavirus pandemic, things can feel a little uncertain and even overwhelming. But, during these difficult times, one thing is clear: small acts of kindness make a big difference. Kindness strengthens relationships, develops community and deepens solidarity. It is a cornerstone of our individual and collective mental health.

Kindness is defined by doing something towards yourself and others, motivated by genuine desire to make a positive difference. We know from the research that kindness and our mental health are deeply connected. The research shows that kindness is an antidote to isolation and creates a sense of belonging. It helps reduce stress, brings a fresh perspective and deepens friendships. Kindness to ourselves can prevent shame from corroding our sense of identity and help boost our self-esteem. Kindness can even improve feelings of confidence and optimism.

Across the country, there has been an outpouring of kindness and children and young people can play their role too. By understanding what we can all do to help tackle this virus, they'll gain a sense of stability and resilience.

Resources

We have compiled a range of resources to support with Mental Health Awareness Week which can be found on our website here:



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<https://www.bradfieldsacademy.co.uk/page/?title=Mental+Health+Awareness+Week&pid=265>

More tips on mental health and kindness can be found here:

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Kindness to others:

Small acts of kindness do not have to cost anything or be anything more than helping someone within the home. The following are a few examples of how you can and your children can take part in small acts of kindness:



The Red Cross Power of kindness Activities: Find out how children and young people can practise kindness every day during the coronavirus emergency with the British Red Cross.

The power of kindness activities helps children and young people learn about and carry out kind acts. There are different sets of kindness activities for both primary school children and secondary school students. Please find attached the Kindness Calendar with instructions and a Kind Acts Journal with instructions.

Random Acts of Kindness



A Random Act of Kindness (RAK) is a selfless act performed by a person or people wishing either to assist or to cheer up an individual person or people. It can be either spontaneous or planned.

The website below gives a range of Kindness ideas, quotes, things you can do as well as a range of resources to support you and your family in getting involved in Random Acts of Kindness.



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<https://www.randomactsofkindness.org/kindness-ideas>

Alternatively if you are stuck for ideas about how you can random be kind to others, see the attached resource from the Mental Health Foundation where they suggest 50 random acts of Kindness.



Be Kind to yourself:

PHE are encouraging people to be kind to themselves by taking action to get a good sleep. We know that sleep has become a concern for lots of people in recent weeks.



On Friday 22 May PHE will release brand new content, including new data detailing the impact the current situation has had on the nation's sleep and advice from subject experts. To get you started they have a page of resources on their website to support Mental Wellbeing while staying at home which can be found here:

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Simply making a few minutes for yourself to have a quiet cup of tea, read a book or giving yourself a simple home treatment such as a face pack can help you to maintain good mental health.

Here is a homemade pack which you can easily make at home to keep your skin nourished and hydrated:



Cucumber and sugar face pack

Just add a dash of sugar in mashed cucumber slices. Refrigerate them for some time. Once it is cool, apply the paste on your face. It will make your skin glow suddenly as it soothes and hydrates it.



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This week's Quiz:

Have some fun and try to answer these questions. We will send out the answers with next week's Wellbeing Wednesday update.

1. What was the surname of the ancient Roman leader Julius?
2. Which movie features the song 'Happy'?
3. True or false: Antarctica is the coldest continent in the world?
4. What mode of transport is used on a railway track?
5. Are there stars and stripes, or stars and zigzags, on the flag of America?
6. Can you unscramble this word to reveal the name of an ocean: NADINI
7. What is the name of the Snow Queen in the Disney movie Frozen?
8. Which of the following is a type of tree: Silver Medal, Silver Birch, or Silver Cross?
9. Is AM used when referring to the time before or after midday?
10. Which ball should be potted last in a game of snooker?

The answers to last week's quiz questions are below:

Quiz Week 7 answers:

1. Teeth
2. Nectar
3. Peter Pan
4. 4 (January, February, May, July)
5. Africa
6. Grapes
7. Dublin
8. Wings
9. 24
10. Lemonade

CHALLENGE



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Weekly Challenge



Make a simple sock puppet using the instruction on this website.
<https://www.instructables.com/id/10-minute-sock-puppet/>
You can use your puppet to make up a short story to entertain the rest of your family.

Share pictures of your puppets on our Facebook page

Chicken Curry

Ingredients

- 1 chicken breasts
- 1 onion
- 2 tomatoes
- 1 clove garlic
- 1 x 5ml spoon oil
- 2 x 15ml spoons
- Curry paste
- 200g can chopped tomatoes
- 2 tbsp. low fat natural or coconut yogurt
- 1 x 15ml spoon fresh coriander



Method

1. Slice the chicken.
2. On a clean chopping board with a fresh knife, slice the onion, cut the tomatoes and crush the garlic.
3. Heat the oil in a large pan and add the chicken. Cook for 3-4 minutes.
4. Add the curry paste, sliced onion and garlic. Cook for a further 2-3 minutes.
5. Add the canned and fresh tomatoes and cook for further 2 minutes.
6. Chop the coriander.
7. Stir in the fresh coriander.
8. Serve.



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Useful Contacts:

YoungMinds Parents Helpline

- Call us for free 0808 802 5544 (Mon-Fri 9:30 - 16:00).
- Available in England, Scotland, Wales and Northern Ireland.

Hope you find this week's Wellbeing Wednesday helpful, we would be grateful for any feedback or pictures

Many thanks

Ms Sweetlove and Mrs Halton

