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Dear Parents and Carers

Welcome to week 16 of our Wellbeing Wednesday updates. We hope you tried a few of the Hygge practices and activities from Week 15. This will be our last Wellbeing Wednesday for this academic year. We will survey staff and parents about their interest in continuing to receive weekly wellbeing emails from September.



This week's theme is 'Take Notice' with a focus on how to create your own personal Wellbeing Action Plan. Wellbeing action plans are an evidence-based approach to promoting wellbeing. They can be used by children or adults and give a clear, simple framework for staying well.

**This week's update contains the following:**

1. Wellbeing Action plans
2. Week 16 Quiz
3. This week's 'Challenge'
4. A new recipe to try
5. Useful websites and resources

**Create a Personal Wellbeing Action Plan**

This week we are delighted to be able to share with you CreativeEducations free course on how to 'Create a personal Wellbeing Action Plan'. The course can be accessed via this link: [https://elearning.creativeeducation.co.uk/courses/how-and-why-to-create-a-wellbeing-action-plan/?utm\\_source=Creative+Education+-+YouCan&utm\\_campaign=1e3332be51-EMAIL\\_CAMPAIGN\\_2020\\_07\\_13\\_06\\_06&utm\\_medium=email&utm\\_term=0\\_dc3daf11ca-1e3332be51-366129676#learndash-course-content](https://elearning.creativeeducation.co.uk/courses/how-and-why-to-create-a-wellbeing-action-plan/?utm_source=Creative+Education+-+YouCan&utm_campaign=1e3332be51-EMAIL_CAMPAIGN_2020_07_13_06_06&utm_medium=email&utm_term=0_dc3daf11ca-1e3332be51-366129676#learndash-course-content)

The course will give you an overview of the different elements of a wellbeing action plan and some clear pointers for developing an effective plan. The framework provided can help to clarify your thoughts and actions whether it's your own wellbeing that you're looking to promote or if you're supporting a child or colleague. The process of writing the plan is every bit as important as actually implementing it and this is especially true when it comes to planning ahead for the holidays and supporting children over the summer period and for their return to Bradfields in September.

This course is suitable for anyone interested in developing a wellbeing action plan for themselves or in supporting a child or adult to write one. The course has been developed and delivered by Dr Pooky Knightsmith, a mental health expert who has supported hundreds of adults and children to develop wellbeing action plans through workshops and also through her book "The Mentally Health Schools Workbook" which has an entire chapter dedicated to supporting staff to develop wellbeing action plans.



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## Mind and Wellness Action Plans

Mind also provide a template and guidance on writing 'Wellness Actions Plans (WAPs)'. Mind describes the plans as being an easy, practical way of helping you to support your own mental health at work, and if you are a manager, helping you to support the mental health of your team members. Everyone can complete a WAP, you don't need to have a mental health problem in order to feel the benefits. It just means that you already have practical steps in place to ensure you are supported when you aren't feeling great.

Guides can be accessed here:

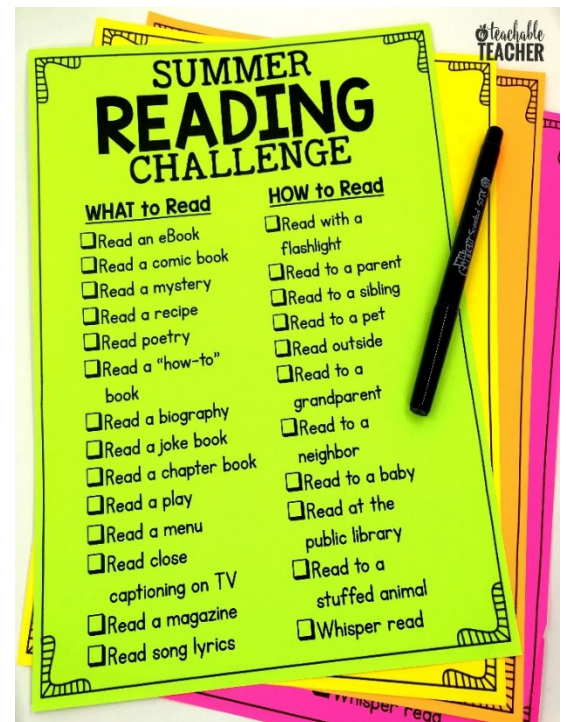
<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-your-staff/employer-resources/wellness-action-plan-download/>

## CHALLENGE

For the summer holidays we challenge you to have a go at the Teachable Reading challenge shown in the picture to the right. See if you can complete the 'What to Read' and 'How to Read boxes'.

### Online Book Clubs

Medway Libraries are running secure online book clubs for 8-12, 13-16 & 17-19 year olds on Microsoft Teams. To find out more, please visit the Medway Library website:



[https://www.medway.gov.uk/info/200181/libraries/58/book\\_clubs](https://www.medway.gov.uk/info/200181/libraries/58/book_clubs)

To sign up for a free library card, please click on the below link:

<https://medway.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/JOIN>

From Monday 13th July, Medway Libraries will be launching a new click and collect service. This means you'll be able to reserve books online for collection at the Community Hubs.



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Other hub and library services will gradually re-open when it is safe to do so. All updates are available on their website:  
<https://www.medway.gov.uk/libraries>



### **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. Which of the following creatures is the odd one out and why:  
a) Spider, b) Lizard, c) Snake, d) Crocodile?
2. What is the name of the famous puppet created by a woodcarver named Geppetto?
3. Bangkok is the capital city of which Asian country?
4. Which planet is closest to the Earth?
5. How many pairs of segmented legs does a honey bee have?
6. Which three female artists released a song called 'Don't Call Me Angel' in 2019?
7. Which country has the largest population:  
a) Canada, b) Mexico, c) The United States?
8. What word, beginning with the letter C, describes a person who directs an orchestra?
9. What type of pet does Joey give to his roommate Chandler in the sitcom Friends?
10. Which country's flag features a crimson red disc on a white rectangular background

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

### **Quiz Week 15 answers:**

1. Wilhelm II
2. 1000 years
3. Phaal, Vindaloo, Madras, Korma
4. Istanbul
5. Vincent van Gogh
6. Swimming
7. Game of Thrones
8. Above
9. The liver
10. Sargasso Sea



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## Weekly Recipe to try at home: MUD PIE COOKIES

2 cups sugar  
2 tablespoons cocoa  
1/2 cup milk  
1/2 cup butter  
1/2 cup peanut butter  
2 cups oatmeal  
1 teaspoon vanilla flavoring



1. Mix sugar and cocoa together... Stir in milk.
2. Put mixture in a saucepan;
3. Add the butter.
4. Heat until it comes to a full boil. STIR gently and cook for about two minutes. Do not let it burn.
5. Turn off heat and MIX IN the remaining ingredients.
6. Take spoonfuls of cookie dough and drop onto the waxed paper to cool.
7. Eat once cooled!

### Useful Contacts:

#### Mind – Being active supports mental health

<http://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-sport-and-exercise/#.V72m6PkrLAU>

#### NHS Self-Help

<https://www.nhs.uk/conditions/stress-anxiety-depression/self-help-therapies/>

We 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

