

**PRINCIPAL**

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Dear Parents & Carers

We hope everyone is having a good Easter break even if it is very different to normal. Welcome to week 3 of our Wellbeing Wednesday updates. We hope you found Week 2 informative and helpful and that you managed to be active in some way.

As we are going through such a difficult time, we have found that we are doing things very differently and for most we aren't very busy in the same way as we were before – but are trying to occupy our minds and fill our days; we can find ourselves worrying about the future and being bogged-down with unhealthy thoughts and negative feelings. With the pressures of entertaining the children or not being in work with colleagues and friends, we can find ourselves not taking the time to pay attention to the present moment – the here and now. By taking notice and being in the present, we can improve our mental health and sense of wellbeing.

Taking Notice means being present in the moment; observing what's beautiful or unusual in the world. It means being aware of our thoughts and feelings as they arise, without getting lost in them. It means savouring the moment whether you're being active, connecting with a friend or family, learning a new skill, or giving to others.

This week's Wellbeing focus will explore ways you can '**Take Notice**':

Take Notice

Reminding yourself to 'take notice' can strengthen and broaden awareness. Studies have shown that being aware of what is taking place in the present directly enhances your wellbeing and savouring 'the moment' can help to reaffirm your life priorities. Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.

Take some time to enjoy the moment and the environment around you. Here are a few ideas:

Connect with nature: Plant some seeds, spend time in the garden if you have one or take your daily walk in a green space; spending time in nature, and being aware and attentive of your surrounds, the smells, sights and sounds is great way to feel more present in the moment.

Connect with your environment:

- Have a 'clear the clutter' day.
- When you go out for your daily exercise, really look around your neighbourhood, what do you notice? Look for beauty in the unexpected: look out for colours, textures, shapes, reflections in water, shadows. Look down, look up, and look along. Get creative and take pictures with a camera! Focus on capturing what's before you. Use the images to make a collage, screensaver, or postcards.
- Maybe try doing a walking story, see the Walking Stories page in our last newsletter.

<https://www.bradfieldsacademy.co.uk/page/?title=Newsletters&pid=224>

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Connect with others: Take notice of how your family are feeling or acting – do they need to talk, or do they need some extra help. Medway Talking Therapies is available here: <https://www.insighthealthcare.org/ourservices/talking-therapies/find-a-service/medway-talking-therapies/> or call 0300 029 3000 (local rate)

Connect with the Arts:

Taking notice of the world around us, as expressed through art and cultural events, enables us to be more present in the moment and appreciate things in greater detail. Marvelling at a great piece of artwork, or taking your time to practice your own creative skills can all increase our sense of wellbeing.

Why not practice drawing, there are some great websites and you tube videos with step by step guidance helping children to learn how to draw:

How to draw cartoons <https://www.youtube.com/channel/UCbiucJWhM8HwjsQ96uoIUw>

Art Hub for Families <https://www.youtube.com/user/ArtforKidsHub>

Rob Biddulph – illustrator is doing 'Draw with Rob' <http://www.robbiddulph.com/draw-with-rob>

Art for Kids Hub <https://www.artforkidshub.com/how-to-draw/>

Try a Virtual Tour of an Art Gallery or Museum:

The National Gallery Virtual Tour: <https://www.nationalgallery.org.uk/visiting/virtual-tours>

10 of the Best Art Gallery and Museum tours can be found here:

<https://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours>

The National Portrait Gallery <https://www.npg.org.uk/collections/explore/tours>

10 more museum tours can be found here: <https://www.top10.com/virtual-museum-tours>

Connect with yourself:

Take notice of how you're feeling, keep a diary or try doing a gratitude journal. See attached example journal.

Try **Mindfulness** - Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better. When we become more aware of the present moment, we begin to experience afresh things that we have been taking for granted.

The NHS have produced excellent detail to get you started on being more mindful

<https://www.nhs.uk/conditions/stressanxiety-depression/mindfulness/>

You can watch this short [mindful breathing exercise video on YouTube](#) from Every Mind Matters.

[Be Mindful](#) is an online course for reducing stress, anxiety and depression.

There are lots of websites that provide guidance on how to get started such as:

<https://www.mindful.org/how-to-practicemindfulness/>

Remember it's ok not to be ok, but if you recognise that you might need to access some help, you could contact the following for help:

Samaritans <https://www.samaritans.org/> Call: 116 123

Mind <https://www.mind.org.uk/need-urgent-help/> Call: 0300 123 3393

SANeline on 0300 304 7000

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Useful Apps for supporting mindfulness:

The following Apps are free and can be downloaded from GooglePlay or the App store:

Conscious

Increase your mindfulness and awareness by taking simple and effective daily challenges alongside other like-minded people. This app is for those who have realized that they are on autopilot most of the time but who have had glimpses of what life truly is when you are actually present, moment by moment, with your experience.

Cost: Free

Smiling Mind

Smiling Mind is modern meditation, a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives. Just as we eat well and stay fit to keep our body healthy, meditation is about mental health and looking after the mind.

Cost: Free

Stop, Breathe & Think: Meditation and Mindfulness

The Stop, Breathe and Think app is a free mindfulness, meditation and compassion building tool that is simple, fun and easy to use. Check in to how you are thinking and feeling, and select emotions that guide you to recommended meditations.

Cost: Free – but offers optional low-cost in-app purchases

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 type of food do penguins eat: plants, fruit, fish?
2. Can you name the three primary colours in alphabetical order?
3. As well as cheese and tomato, what two toppings are usually on a Hawaiian Pizza?
4. Who was the winner of The X Factor in 2015?
5. Which of the following is not a name of a planet: Saturn, Mars, Milky Way?
6. What is $11 + 111$?
7. What flavour crisps are in a blue packet of Walkers?
8. How many days are there in January?
9. What are the first names of Harry Potter's two best friends?
10. What year did the Second World War end?
11. Which of the following is not a well-known river: Amazon, Britannica, Mississippi?
12. Which country did the Romans come from?
13. What are bangers and mash?
14. How many consonants are there in the English alphabet?
15. What type of animals are elephants: carnivores, omnivores or herbivores?

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

Quiz Week 2 answers:

1. Batman

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2. Ice
3. Table tennis
4. Russia
5. Five
6. Sweden
7. Seven
8. The natural home/environment of an animal or plant
9. Egypt
10. Lewis Calpaldi
11. Seven colours (7)
12. 33
13. Europe
14. Six
15. The Gobi Desert

How did you do?

Weekly Challenge

Can you challenge yourself or anyone else in your house to create an origami unicorn?

Find your step by step guide here <https://youtube/NcDKyJBZ3zU>

What other animals can you create? You could post your pictures on our Facebook page

Weekly Recipe to try at home:**Savoury Rice****Ingredients**

- 1 onion - peeled and chopped
- 3 mushrooms - sliced
- ½ red pepper - diced
- 1 tomato - chopped
- 1 x 10ml spoon oil
- 150g long grain rice
- 1 x 5ml vegetable stock powder or cube
- 550ml water
- 50g peas
- 1 x 20ml spoon curry powder

1. Fry the onion in the oil until it is soft
2. Add the mushrooms and red pepper and cook for a further 2 minutes
3. Stir in the rice
4. Mix the stock with the water
5. Add the stock peas and curry powder
6. Simmer for 15 minutes until the rice is tender
7. Serve the rice in a bowl with the chopped tomato on top

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Useful Websites:

Supporting Healthy Weight Team Healthy Snacks Video

<https://www.facebook.com/triforyoumedway/>

Recipes from Medway Cooks - Live video – Early Years Nutrition

<https://www.facebook.com/triforyoumedway/> (Wednesday)

Mental Health Foundation guide:

<https://www.anxietyuk.org.uk/wp-content/uploads/2013/05/lets-get-physicalbooklet.pdf>

MindApples - promotes mentally healthy living for everyone by promoting simple, daily activities and by asking people: "What's the 5-a-day for your mind?" www.mindapples.org/

DIY Happiness - uses humour, creativity and principles of positive psychology to give practical advice/info to help people 'bounce back' from adversity and increase resilience. www.diyhappiness.co.uk/

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

Many thanks

Ms Sweetlove & Mrs Halton