

Dear Parents/Carers



Welcome to week 14 of our Wellbeing Wednesday updates. We hope you had a go at being active through walking as part of week 13.

This week's theme is 'Give' with a focus on giving yourself recognition for what you have achieved during this time, valuing and recognising that anything you can do or have done to support yourself and your family during this difficult time is fab and that it is good enough!

This week's update contains the following:

1. Giving yourself recognition
2. Week 14 Quiz
3. This week's 'Challenge'
4. A new recipe to try
5. Useful websites and resources

You are not Superhuman

You Are Not Superhuman!

You are pretty awesome but you're not superhuman and you don't need to be trying to do it all right now. Let's look at your super skills and what is good enough.

Super Skill: Teacher

You may be a qualified teacher or a member of a school community. Suddenly, a lot of the students are at home, perhaps including your own children, and you feel the pressure of trying to ensure that they don't fall behind academically. Try to remember that the expectations have changed, and lower your own expectations of yourself and your students. You might be staying at home; you might be teaching remotely; you could be going into school or work as normal. Your situation will almost certainly be completely unique and is probably throwing up some new challenges. Be open with colleagues about your situation and your struggles and ask for their support if you need it. You can also find information about sources of help and support that are available to you on [Mind's website](#). The wellbeing of yourself, your children and the school community is the most important thing right now. Just by carrying on doing what you are doing, you are keeping everybody going as part of the team.

Super Skill: Caring for Others

You may find that you are not only looking after your close family members in your household right now, but that you have other relatives or neighbours that you are looking after. The pressures of caring for others can feel overwhelming at times and it is important that you don't forget to look after yourself and that you ask for help if you need it. [Mind's website](#) gives practical suggestions of what you can do and where you can access support. After all, you can't look after others if you have not looked after yourself. Keep in touch, ascertain what support others need from you and just do what you can.

Super Skill: Parenting

You are always a parent, so what's changed? Well, usually your child/children are at school for a large chunk of the day, five days a week and that has suddenly changed. It might mean different interactions within the family. It might mean that your children are behaving differently. It might mean that you are trying to split your time between many different roles. Ask others for support if you need it. If, at times, you feel as though you aren't being the best parent, remind yourself that you are doing your best and that is good enough.

Super Skill: Finance Manager

You might be finding the current situation really difficult financially. Many households have seen a drop in their income and are having to think about what can be done to delay payments or make their money go further. Look online for advice from the government. Only buy what you need when you need it. Contact companies that you pay money to on a regular basis to ask about support they can offer in these difficult times. You certainly won't be the first person to speak to them about it.

Super Skill: Shopper and Caterer

You may be the key shopper and caterer in your household and, even if this has always been the case, right now, this may seem significantly more stressful. Search out quick, easy recipes online and if your ingredients are a little unusual at the moment, so what? As long as everyone has something to eat, it isn't the end of the world if it's not quite what you usually have.

KABOOM!

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OF YOUR MENTAL HEALTH

Attached to this email is a great resource designed to remind everyone that you are not superhuman, and do not need to be. You have a range of skills and have been doing your best, focus on this and congratulate yourselves!

CHALLENGE

This week we have a special challenge. We would like you to focus on your own self-care. Using the following top tips produced by Twinkl and Mind we would like you to try at least one of these tips at home in the next week.

You've Got This!

During tough times, we all need a little reminder that we can cope. With self-care, support and certain little tips and tricks, you can get through a difficult patch. Consider the advice below and remember... you are stronger than you think!

Take One Day at a Time

As tricky as it seems, try not to focus on the big picture. In uncertain times, none of us know what the big picture actually is and speculating won't help. Focus on the now - today - and maybe tomorrow or the next few days. This method is used by many and really works.



Focus on the Things that Are in Your Control

You can't control everything. In times of crisis, there is an awful lot that is out of your control. Focusing on the things you can control will help if you are someone who needs to feel they have a handle on things. You can control your actions, your routines, your schedules, your reactions and responses to situations and to others.

Be Prepared to Be Flexible

For those who like to be in control and to be organised, this can seem almost impossible. But understanding that you may need to be flexible and not feeling guilty when you don't get something done is a really important part of self-care. You might have thought your children would have got more school work done. You maybe hoped to have cleaned the kitchen. You might be disappointed that you didn't have time to sort out the garden as planned. But that's OK; plans change and there's always tomorrow.



Celebrate All Achievements

While it's important to not beat yourself up about the things you didn't get done, it's just as important to congratulate yourself on the things you did get done - no matter how small. Focus on the things that did get achieved or completed (or even started) and be proud of yourself just for getting through another day.



Plan Something to Make You Smile

Try to pencil something in for every day that will make you smile. This could be a walk in the sunshine or a spot of gardening. It could be a family board game or an episode of your favourite TV show. It could be a tasty treat. Or it could be some quiet time, with a good book, in a nice, hot bath. Having something to look forward to, no matter how small, can really help to get you through the more challenging aspects of your day.





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 beans are in canned baked beans?
2. Which male artist kicked off 2017 with the release of Shape of You and Castle on the Hill?
3. If you face north, how many degrees would you have to turn in an anticlockwise direction to face East?
4. Raymond Reddington features as a lead character in which American thriller series?
5. The River Amstel flows through which European capital city?
6. How many events form an Olympic heptathlon?
7. Which body organ is affected by glaucoma?
8. During a search for the explorer, David Livingstone, who famously said, "Dr. Livingstone, I presume?"
9. What year was the first iPhone (iPhone 2G) released?
10. What does Doc Brown's vanity plate (personalised plate) read in the Back to the Future movies?

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

Quiz Week 13 answers:

1. c) Gloves (as they are not a type of footwear)
2. Buzz Aldrin
3. False: The amount of legs that a centipede has varies depending on species
4. The cuticle
5. Fromage
6. 120
7. Tiana
8. Grapes
9. b) Iron Age
10. The girl is happy

Weekly Recipe to try at home:



Ingredients

- Half an onion
- 1 clove garlic
- 50 grams lean minced beef
- Half a tin of tomatoes
- 2 mushrooms
- 1 carrot
- Tbsp tomato puree
- Herbs
- Tsp sugar













Spaghetti Bolognese



- Equipment**
- Chopping board
 - Knife
 - Peeler
 - Tablespoon
 - Frying pan
 - Can opener
 - Wooden spoon



Method		Tick
1. Peel and dice your carrot.		
2. Wash and slice your mushrooms.		
3. peel and chop your onion		
4. peel and crush your garlic		
5. Gently fry your mince in your pan		
6. Add your vegetables.		
7. Add your tin of tomatoes		
8. Add your puree.		
9. Add your sugar.		
10. Add your herbs and leave to simmer for ten minutes.	 	



To make Chilli add Diced pepper some beans and 1tsp each of chilli powder, Paprika and cumin powder.



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/>

Self-Development Secrets

<https://www.selfdevelopmentsecrets.com/self-care-ideas/>

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

