



**PRINCIPAL**  
Miss M Sweetlove

**ADDRESS**  
Bradfields Academy, Churchill Avenue, Chatham, ME5 0LB

**PHONE**  
(01634) 683990

**EMAIL**  
office@bradfieldsacademy.co.uk

**WEBSITE**  
www.bradfieldsacademy.co.uk

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Dear Parents/Carers



Welcome to week 10 of our Wellbeing Wednesday updates. We hope you found Week 9 on 'improving sleep' helpful.

This week's theme is Be Active with a focus on Yoga. The aim is to have a go at Yoga even if it is for only 5mins a day.

## Wellbeing Week

Next Week is Fortis Trust's Wellbeing Week, as such we will not be sending the Wednesday Wellbeing email but instead will be sending out a daily Wellbeing email with a different theme or activity each day to support you with your wellbeing.

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

1. Yoga – what is and how can you do it.
2. Week 10 Quiz
3. This week's 'Challenge'
4. A new recipe to try
5. Useful websites and resources

### Five Minutes of Yoga a Day Can Improve Your Wellbeing

The benefits of yoga run from healthy blood pressure to reduced stress levels. The 2012 National Health Interview Survey (NHIS) showed that 94% of those practising yoga did so for their sense of wellbeing. 86% of people benefitted from reduced stress levels, 59% improved their sleep and 82% felt better because of it.

Yoga unites the breath, mind and body through physical movements. The movements, or poses as they are called, stretch and relax a wide range of body areas to induce a sense of wellbeing.

Practising yoga to start your or your child's day sets you up to meet the challenges in your life. It won't solve all your problems or make you superhuman, but it will help you remain relaxed and present.

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## Is yoga for me?

You might think yoga is not for you, but how will you know unless you've tried? Make your physical and mental wellbeing a priority and give it a try. Work out what the benefits are for you by noticing how you feel before, during and after. You might just feel less stressed and more stretched. Yoga has been proven to help children with special educational needs to feel more in control and calmer.

You can choose to be part of an increasing circle; stronger, more resilient, calmer. All it takes is some relaxed yoga, most mornings, for just five minutes. Even if you do the same video 50 times, just do it. Don't worry if it's not perfect.

**"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible"** - Francis of Assisi.

## How to get started?

### **Step One: Just Do It**

It's easy to find 101 excuses not to do yoga: Time! My Knees! The kids! Often, this stems from a fear of getting it wrong and feeling not good enough. We fear failure so avoid the thing that may help us. No one is going to see you doing yoga for five minutes, but still that fear of not doing it right can stop you.

As long as you're kind to yourself, you can't get this wrong. If you move and feel good then you're getting it right. I can't say this strongly enough - just get out there. Follow a video, just do it.

When you need something different you will find it. Until that day, commit to a few short poses every day to improve your wellbeing. Plus you could get the children involved too, attached to this week's email is a set of Yoga poses for both adults and children.

### **Step Two: Make Time**

Once you get started, find a time to make it a routine. I find first thing before washing or eating is best. It doesn't take long but it has so many benefits to my whole body. The practice is accumulative, so daily practice through time becomes much more. It moves from being physical support to becoming mental support too.

### **Step Three: Breathe**

How you breathe when doing yoga is everything - it links your mind and body and creates harmony. When you breathe smoothly, yoga will start to heal you. Think of your breathing as smooth and flowing like you're on holiday, content and happy.



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## **Step Four: Nothing!**

There's nothing more to tell you. Just get started, find a time that suits and enjoy your breath feeling easy as you practice. That's it.

## **Try the following:**

### **Stretching and Flexibility**

<https://www.youtube.com/watch?v=IRQOXge5C-w&t=>

### **Full Body Stretches Video**

<https://www.youtube.com/watch?v=GIWgAyO5WIk>

## **Daily Yoga Series**

Attached to this email is a set of resources to support you in practicing Yoga daily as part of your wellbeing. There is also a Resource pack which provides a more detailed guide to Yoga and a fun self-esteem yoga pose set of resources you can use with your own children or with the students.

Children should be asked to repeat the positive phrase as they hold the pose. Focus on saying it slowly and breathing in between.



## **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. With reference to time, what do the letters GMT stand for?
2. What company was co-founded by Bill gates and Paul Allen



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3. British stamps are different to any other stamps in the world as they do not bear what?
4. What is a quarter of 100%?
5. How many days are there in a leap year?
6. Which two continents does Russia belong to?
7. Veinte is Spanish for which number?
8. What is the smallest of the eight official planets in our solar system?
9. Which famous actor starred alongside his son in the 2013 film 'After Earth'?
10. What are the three primary colours?

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

### Quiz Week 9 answers:

1. 20
2. Barack Obama
3. Ed Sheeran
4. Greece
5. New York
6. 80
7. Siamese as it is a breed of cat, not dog
8. True
9. Dani Harmer
10. Red

### Weekly Challenge

#### Create a Lockdown Bucket List

You'll need: a large piece of card or paper and coloured pens  
Work together to draw up bucket list of things you all want to do during lockdown and display it on your card. You could add tick boxes or a spot to write the date when you complete each item. Maybe you could aim to learn a new word every day, try out a new baking recipe or read 10 books - it's completely up to you what goes on there! Don't forget to keep it in full view so that everyone can see.



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## Weekly Recipe to try at home:



### Quick Vegetable Stir Fry

This recipe for fresh veggie stir-fry is quick, delicious, and healthy. Best of all, it takes just minutes to prepare. To start, cut a small head of broccoli into flowerets. Then slice the stalks into 1/2-inch-thick pieces.

In a saucepan with an inch of boiling water, cook the broccoli uncovered for 2 minutes and drain. Meanwhile, thinly slice 3 medium-sized carrots and 3 green onions. Next, in a 12-inch skillet over medium-high heat, add a tablespoon of oil and cook the carrots and the blanched broccoli until they're tender-crisp. Stir in the green onions.

Season with a splash of soy sauce or salt and serve while still steaming.

Watch a video of how to make it here: <https://youtu.be/VjuG82QzTEI>

### Useful Contacts:

#### A guide to yoga - NHS

<https://www.nhs.uk/live-well/exercise/guide-to-yoga>

#### Yoga for Autism - The Yoga Institute

<https://theyogainstitute.org/yoga-for-autism>

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

