

# WELL-BEING NEWSLETTER

May 2020

PUPIL Issue 3



01. What is 'well-being'?
02. Information, guidance, updates and support.
03. Special features
04. Activities and resources
05. 'Here's one I tried earlier'



## Welcome to the May issue of our 'Work Hard; Be Kind; Well-being' newsletter!

There'll be an issue of this newsletter at the end of each month until the end of this academic year (July).

This is your 'one stop shop' for information and resources to support your time out of school.

### 1. What is 'well-being'?

It's a term we hear a lot but what does it mean?

Dictionary definitions tell us that it's about comfort, health and happiness. Essentially, it's about our emotional as well as our physical health: keeping our minds and our bodies healthy!

Here's a short video which might give you some ideas about what 'well-being' means <https://www.youtube.com/watch?v=oSIWo5nxF2A> and another one with ideas for how you could develop yours: <https://www.youtube.com/watch?v=vF7Ou43Vj6c>. Aimed at children but applicable to adults, too!

### 2. Support

Directory:

- <https://www.childline.org.uk/>
- <https://www.annafreud.org/on-my-mind/youth-wellbeing/>
- <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

### 3. Special Features

**Managing Our Thoughts – an article by Rebecca Morgan-Jones – full text here:** [Thoughts BlogArticle May 2020 Pupils RMJ.docx](#)

#### Things to consider and try

- If you are feeling slightly anxious or worried, what are you thinking? Write your thought down and then look for the evidence that they are false or true. Talk to someone about what you are thinking.
- Could you start asking yourself, is this thought pattern going to make me feel good? If not, find a way to get yourself out of it. Maybe, that's talking to someone.
- Try being 'in the moment' - stop and find three things you can see, three things you can hear and three things you can feel. Practice throughout the day.
- Try stopping and thinking of three things you can see in that very moment that you are grateful for. Practice this throughout the day.
- Try to talk to yourself in the same way you'd talk to a good friend. Often, we are very hard on ourselves.
- Be kind to yourself.

#### 4. Activities and resources

Amazon has cancelled the subscription of books and audio stories at 'audible' for children and students of all ages as long as schools are closed. All stories are free to stream on your desktop, laptop, phone or tablet via

<https://stories.audible.com/start-listen>

At 11am every morning, David Walliams reads from one of his books-

<https://www.worldofdavidwalliams.com/category/elevens/>

#### **Secondary and Post-16**

Students should keep logging into Microsoft Teams (and/or the packs sent home by school, if this is the case) and check out any additional resources on school's website to keep their learning going. This will also help them stay in touch with school virtually!

PE with Joe - live every day at 9am – link to first session here -

<https://www.youtube.com/watch?v=Rz0go1pTda8>

Yoga with Adrienne - <https://www.youtube.com/user/yogawithadriene>



Places you can visit online – you can access some of the world's most amazing and famous places, galleries and museums from your house! Links to suggestions for this week:

British Museum

<https://britishmuseum.withgoogle.com>

National Gallery of Art, Washington D.C.

<https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>

Radio 3 – famous people talking about their favourite pieces of art -

<https://www.bbc.co.uk/programmes/m0009bf6>

Channel 4 – Grayson Perry's art club -

<https://www.channel4.com/programmes/graysons-art-club/episode-guide/>

#### **Experiment of the Month – Ice Cubes and Salt Water**

You will need:

Salt

Ice cubes

Clear plastic cup or glass x2

Water

Timer

Spoon

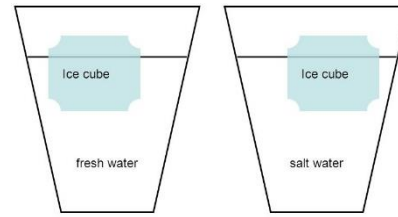
Food colouring

Prediction – Which ice cube will melt faster?

Method

1. Put some water into each of the clear cups
2. Into one of the cups put two large spoons of salt and stir until dissolved

3. Place three ice cubes into the cups and start a stop watch or note the time.
4. Add a drop of food dye on each of the ice cubes to colour the melt water.
5. Make a note of the time until each of the ice cubes has melted completely.



### Results

Did the ice melt faster in the fresh water or the salt water?

What did you observe about the coloured melt water in each glass?

### Further research

Imagine that the ice cubes represent the polar ice caps and the salt water is the ocean. What effect would the melting of the ice caps have on the animals that live in the ocean?

Could the ocean currents be affected?

## Computing Task of the Month

**Computing**

**Binary Challenge:** Convert the binary word 0000 into the binary word 1000 in exactly 15 steps. You must only change one bit of the word on each step. You may only use 1s and 0s. Your answer must involve every combination of 1s and 0s.


0000  
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1000

**Did you know?**  
All text, numbers, images, sounds, music, videos and software are stored in binary, a string of 0s and 1s

## Business Task of the Month

Business

**Slogan Challenge:** Below are popular business slogans, however some of the words have been taken out. Fill in the gaps to complete the slogan for each company. Bonus points if you can also name the company that the slogan belongs to.



1. Every \_\_\_\_\_ helps
2. Have a \_\_\_\_\_, have a \_\_\_\_\_
3. It's \_\_\_\_\_ lickin' good
4. You either \_\_\_\_\_ it or \_\_\_\_\_ it
5. Snap! Crackle! \_\_\_\_\_
6. Kids and \_\_\_\_\_ love it so – the \_\_\_\_\_ world of \_\_\_\_\_
7. \_\_\_\_\_ Meanz \_\_\_\_\_
8. The Happiest place on \_\_\_\_\_
9. Share \_\_\_\_\_. Share \_\_\_\_\_
10. Have it your \_\_\_\_\_

**Companies**  

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**Did you know?**  
 Slogans are used to advertise a company – it is a phrase that is easy to remember and catchy to attract attention.

## Geography Task of the Month

Number	Anagram	Definition	Answers
1	UZRRATHADALAN	A natural event, e.g. an earthquake, volcanic eruption, tropical storm or flood, which threatens people or has the potential to cause damage, destruction and death.	
2	EREQKTHUEA	A sudden or violent movement within the Earth's crust followed by a series of shocks.	
3	CAVOLON	An opening in the Earth's crust from which lava, ash and gases erupt.	
4	TALROMOPRICST	An area of low pressure with winds moving in a spiral around the calm central point called the 'eye of the storm'. Winds are powerful and rainfall is heavy.	
5	CCLANMEHGETAI	A long-term change in the Earth's climate, especially a change due to an increase in the average atmospheric temperature.	

## Maths Task of the Month

### 1) Calculate your next travel destination

Instructions:

1. Choose a number between 1 and 9
2. Multiply it by 3
3. Add 3
4. Multiply by 3 again
5. Add the two digit number together
6. The number you get is where you will be travelling to next

1: Singapore, 2: Spain, 3: India, 4: Thailand, 5: Malaysia, 6: Indonesia, 7: Brazil, 8: England, 9: Stay at home, 10: Australia, 11: Cambodia, 12: Vietnam, 13: Japan, 14: South Korea, 15: India, 16: Canada, 17: Mexico, 18: New Zealand

### Art Competition

Art are excited to give you opportunity to design a new 'WOW' card just for Art. Your design needs to be bold, bright, eye catching and have images/illustrations to show Art! Please ensure your design has an area for the teacher to write a student's name and a comment on why they have achieved the 'WOW' card. Be creative and good luck!

### 5. 'Here's one I tried earlier'

This is where we share your ideas, tips and suggestions.

If you've got suggestions for 'Here's one I tried earlier', please email [Well-Being@novaeducationtrust.net](mailto:Well-Being@novaeducationtrust.net)

All ideas, tips and suggestions will be curated by our team and published anonymously. This could include: a recipe to try; suggestions for in-door sports and games; arts and crafts activities; ways in which you've used an activity or resource from this newsletter and your 'top tips' for doing it; any ideas that you've had from your experiences so far.

## Contact us

The main contact email to use for your school for general enquiries is [contact@kirkhallacademy.co.uk](mailto:contact@kirkhallacademy.co.uk)  
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