



| 1st May 2020 |

5 Ways to Wellbeing: Resources and Support

It is understandable if you are finding the outbreak of coronavirus disease 2019 (COVID-19) stressful. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children alike. Coping with stress will make you, the people you care about, and your community stronger. We prioritise the mental, as well as physical, wellbeing of our students and, in partnership with our Student Focus Centre, we are encouraging everyone to practice the '5 Ways to Wellbeing':

- [Connect](#)
- [Be Active](#)
- [Keep Learning](#)
- [Take Notice](#)
- [Give](#)

There is a lot of information available about where you can find help and support BUT some of you have mentioned feeling overwhelmed by the amount of information you are getting from so many different places. We thought it might help to collate all the information we have received in one place - here - so that you can access it in more easily. We will continue to add any new resources or support each week, and please let us know if there is anything you feel should be included.

We also recognise that staying at home can be more disruptive to the lives and routines of children with special educational needs and disabilities. If this is something you are experiencing, click [here](#) to go to specific SEND resources.

Connect

CONNECT

BE HONEST WITH PEOPLE YOU TRUST ABOUT ANYTHING AND EVERYTHING YOU FEEL NO MATTER HOW SMALL AND INSIGNIFICANT TO HELP UNDERSTAND EACH OTHER.

SCHEDULE TIME TO PLAY BOARD OR CARD GAMES TOGETHER.

ACTIVE LISTENING, CONTACTING PEOPLE MORE OFTEN, TALKING NOT TEXTING!

Reaching out to others is a key way to ensure you access the support you need. This is often as simple as talking to your friends and family members about how you are feeling. Sometimes, though, the anxiety you might be experiencing under the current circumstances might feel overwhelming. If you do feel unable to cope, here are some places where you can connect with additional support.

During this period of school closure we want to create opportunities to stay connected. We recognise that you may have worries and concerns that are troubling you whilst you are at home. With this in mind, we have set up a new email account: WellBeing@newlandsgirls.co.uk. This will be monitored regularly by the pastoral team, who will endeavour to answer questions and support you remotely during this difficult time. Please do get in touch using the email address above if you need to.



Kooth offers free, safe and anonymous online support for young people. You can message a counsellor, read articles written by young people, get support on the moderated online discussion boards, set goals or write a journal to track how you're feeling. Kooth counsellors are available until 10pm every day.

childline

ONLINE, ON THE PHONE, ANYTIME

ChildLine offers free, private and confidential service for children and young people 24/7. You can contact ChildLine by email, 1-2-1 counsellor chat or on the phone and talk to a counsellor about anything, no matter how small. Their website has loads of information and videos with advice and a moderated message board to write how you're feeling, share your experiences with other young people or ask a question. There's also an art box to express how you feel creatively.



Young Minds is the UK's leading charity fighting for young people's mental health. Their website has lots of information and advice. If you need urgent help for a mental health crisis you can text the Young Minds Crisis Messenger for free on major networks, 24/7. Text YM to 85258.

Papyrus is the national charity dedicated to the prevention of young suicide. Their website has lots of information and advice. You can call their Hopeline on 0800 068 4141 9am-10pm on weekdays and 2pm-10pm at weekends and bank holidays for confidential support and advice if you are experiencing thoughts of suicide or if you're concerned about another young person.



Shout is a 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text SHOUT to 85258.

Samaritans offers a free, 24/7 helpline for anyone with any problem, no matter how small. Call 116 123.



Berkshire CCG has put together a series of Coping Guides for families in the current circumstances - you can read them [here](#).

Emerging Minds have put together a short guide to supporting people children and young people with worries and anxiety - you can find the webpage and document [here](#).



Be Active



Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal. While there are restrictions to getting out and about, here are some ideas to help you stay active.

Exercise

Superstar fitness coach Joe Wicks is hosting live PE lessons over YouTube during the coronavirus outbreak. The classes are specifically designed for children, from little kids right up to secondary school age, although adults can join in as well if they like. The 30-minute sessions called 'PE with Joe' are streamed live on Wicks' YouTube channel at 9am every weekday morning, and do not require any specialist equipment or large amounts of space.

Get Creative

The Scout Association has pulled together some inspired indoor activity ideas to help you keep learning new skills, and to have a bit of fun! Check out their [website](#) if you need a bit of help to survive #TheGreat Indoors.



Play Games

Kahoot! is a [website](#) that delivers engaging and easy-to-use learning games to study at home while school is out, or as an extra to school curriculum. Sign up and get access to millions of free learning games for the entire family.

Take a Tour

The Google Arts and Culture [website](#) offers virtual tours of over 500 museums. Get exploring from the comfort of your own home!



Keep Learning

KEEP LEARNING

I WOULD LIKE TO LEARN TO PAINT.

I HAVE STARTED BAKING, WHICH I DON'T USUALLY HAVE TIME TO DO. I HAVE SO FAR PERFECTED MY FLAPJACK RECIPE AS IT'S THE ONLY THING I COULD GET INGREDIENTS FOR.

I CAN NOW KNIT AND AM KNITTING A SCARF FOR HOME USE.

While the Newlands' Staff are busy uploading and sharing work for you to do, remember that you also have the ability to broaden your mind and keep yourself busy. See below for some ideas to support your personal development, and your mental & physical wellbeing.

The Skills Toolkit



Digital and numeracy skills are amongst those that are most sought after by employers, and can help you progress in work and boost your job prospects. Digital skills can be anything from using social media and staying safe online to coding, programming or digital marketing. On Tuesday the Government launched [The Skills Toolkit](#) website where you can choose from a selection of high quality courses put together in collaboration with experts.

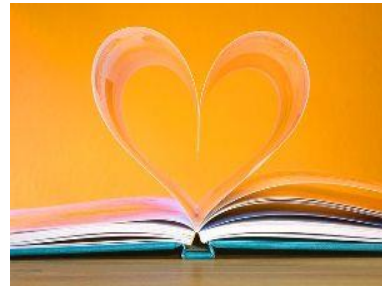
Need a Book?

Project Gutenberg is a library of over 60,000 free eBooks. Choose among free epub and Kindle eBooks, download them or read them online. Publications are mostly older literary works: most were published before 1924, with some published in the decades after. Visit the [website](#) and get reading!



Love Reading?

If you love to read, why not visit the LoveReading4Kids [website](#)? It is the biggest book recommendation website for young people and, in light of the Coronavirus, they have put together a blog with books, resources and information to help manage the anxiety young people may be feeling.



Broaden Your Mind

Common Sense is an independent non-profit organization dedicated to helping young people thrive in a rapidly changing world. To deal with the impact of the current situation, authors, artists, musicians, and creators of educational tools are stepping up to offer free lessons, tours, and concerts that you can check out from the safety of your home. Visit their [website](#) and explore your options!

Expand Your Mind

FutureLearn is a company which offers a diverse selection of courses from leading universities and cultural institutions from around the world. These are delivered one step at a time, and are accessible on mobile, tablet and desktop, so you can fit learning around your life. In light of the current situation, they have made a number of courses free to access for a limited period of time. Check out their [website](#) for more information.





Listen

For as long as schools are closed, Audible (an Amazon company) has made its service available for free. You can instantly stream an incredible collection of stories, including titles across six different languages, that will help you continue dreaming, learning, and just being you. All stories are free to stream on your desktop, laptop, phone or tablet. Explore the collection, select a title and start listening: visit the [website](#) for more information.



Take Control

Pearson have already made many of their online secondary resources free for schools to share with learners and parents, to help learning continue with as little disruption as possible. They're working hard to provide free advice and online resources available to students. Register for updates [here](#) to keep up to date with the latest information.

Keep Reading

myON by Renaissance is a student-centred, personalised literacy platform that offers every student unlimited access to an enhanced digital library. To help support students to 'Keep the UK and Ireland reading', they are offering free access to thousands of enhanced digital books through myON and articles from myON News. Visit their [website](#) for more information.





Live Music

With venues and bars shut down from coast-to-coast, [Billboard](#) provides a comprehensive guide to the best live-streamed music content right now. Whether you are a fan of classical or more contemporary music, there is sure to be something for everyone.

Self-Teach First Aid

By choosing to learn first aid you are not only developing a new talent but you will also boost your self-esteem, develop practical and social skills and learn how to set and rise to a challenge. If this isn't enough, it should also be good fun too! Download the Duke of Edinburgh Award's self-teach workbook [here](#) and get started!



Play Guitar

[Fender Play](#) are offering three months free access to their music tutorials for anyone wanting to learn or extend their guitar, ukulele or bass skills. A great excuse to start learning a new instrument or pick up that abandoned guitar!

Learn a Language

Open Culture lets you learn from a choice of 48 languages for free. Visit their [website](#) for more information.



Take Notice

TAKE NOTICE

HOW YOUR MOOD CHANGES THROUGHOUT THE DAY.

THINGS OTHER PEOPLE DO FOR YOU WHICH WE DON'T NORMALLY THANK THEM FOR.

TAKING MORE NOTICE OF PEOPLE WHO HAVE BEEN DISTANT OR QUIET AND REACHING OUT TO HELP THEM.

We don't always take time to pause and reflect on the world around us, or how we are feeling. Now more than ever it is important to do so: reflecting on your experiences will help you appreciate what matters to you. Here are some ways that might help you take some time out to do so.

On My Mind aims to empower young people to make informed choices about their mental health and wellbeing. It includes: Ideas for self care; understanding referrals; what to expect when working with a service; jargon busters; and how you can help a friend.



Meditate

. [We Meditate](#) offers live guided meditation sessions at 7pm every weeknight.

In times like these, we can often forget how important it is to try and maintain our own happiness and wellbeing. It's not only important for ourselves, but also our family, friends, colleagues and many of those who depend on us. Staying positive and trying to implement little things like physical exercise, a healthy diet or getting a good night's sleep, can have big results. That's why The National College created [this guide](#) to help everyone think about some of the positive steps they can take to establish and keep good mental wellbeing.



Dr Russ Harris, author of 'The Happiness Trap', has developed a set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT). More information can be found [here](#).

Give

GIVE

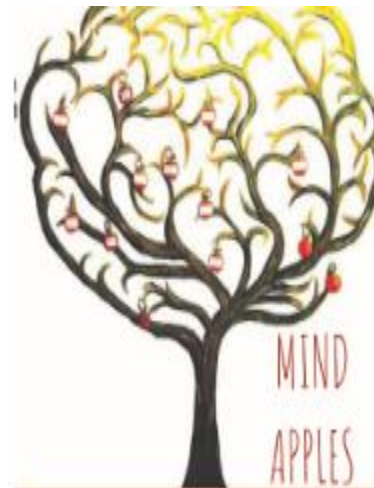
GENERAL SUPPORT, IF THEY WANNA TALK I'M THERE,
THEY WANT ME TO CLEAN THE HOUSE I WILL,
WHO AREN'T GOING OUT.

REMEMBERING BIRTHDAYS AND SENDING
CARDS AND PRESENTS THROUGH THE POST.

OFFERING TO SHOP AND GET THINGS
FOR NEIGHBOURS

Seeing yourself and your happiness linked to the wider community can be incredibly rewarding: look out, as well as in! Each day, a small act like helping a sibling with their homework or making a cup of tea for a family member could make all the difference. Here are a few other ideas about how to give back to the wider community.

On Mondays, the Student Focus Centre and Emotional Wellbeing Champions would usually visit individual forms to promote the Mind Apple project, which is aimed at fighting the stigma attached to Mental Health. In light of current world events now more than ever, most of us will accept and understand the importance of looking after our wellbeing. Please email your ideas to the contact address at the end of the bulletin.



Do Some Research

The Zooniverse enables everyone to take part in real cutting edge research in many fields across the sciences, humanities, and more. The Zooniverse creates opportunities for you to unlock answers and contribute to real discoveries. Visit the [website](#) and get involved with people-powered research.

SEND Support



Staying at home can be more disruptive to the lives and routines of children with special educational needs and disabilities. The Government has published [guidance](#) to support you with this, and here are some other places you might want to look at.

Contact is the charity for families with disabled children. They support families with the best possible guidance and information. Contact have support and advice during the Pandemic -you can find more information [here](#).



In response to the COVID-19 pandemic and WellChild's recognition of some of the challenges vulnerable children and their families may be facing, WellChild are offering a Direct Response Service to try and help you get the things you need. See more information [here](#).

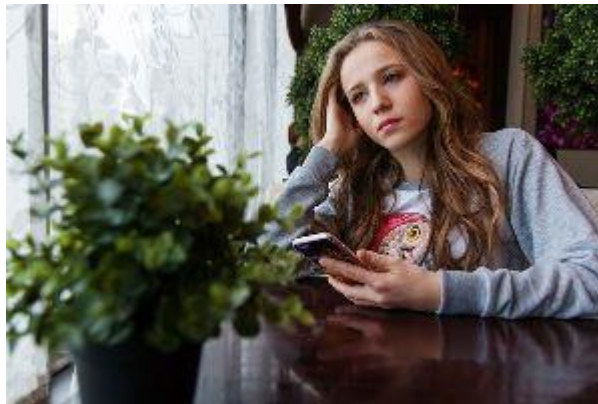
The Council for Disabled Children (CDC) has launched two new email inboxes aimed to answer questions, collate resources and share information on Coronavirus and the impact on children and young people with Special Educational Needs and Disabilities (SEND). They are designed to be used by professionals, practitioners, parent carers and families of children and young people with SEND. The first enables you to ask questions, while the second is a place to access and share resources. Visit their website for more information.



Parenting Special Children have a detailed information page which also features several social stories around Covid-19 which may be helpful. They are also offering a series of online courses (for a fee) - you can find a list of events [here](#). Some courses may have eligibility criteria so do check first.



Berkshire Autism has launched a series of online autism advice workshops and support groups from so that they can help parents and carers and their families in a different way during the coronavirus shutdown. Click [HERE](#) for more information.



ChatterPack is a voluntary-run, special educational needs and disabilities hub. They work hard to support families, schools, and other professionals through their free monthly SEND newsletter, free resources, and through sharing accurate, practical, respectful, advice and information. Download their free, online, boredom-busting resources [here](#).

Contact Us

Please feel free to email any suggestions about resources and support to:
WellBeing@newlandsgirls.co.uk

Acknowledgements

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