

Issue 1

**Connect…**

Being isolated from others can affect your mood and happiness. Make sure you talk to people about how you feel, ask questions and avoid bottling things up. Stay connected with your friends or wider family daily. Use FaceTime or similar to see and talk to them. (see our school website for our e-safety advice). Have some time off technology each day as a ‘digital detox’ and avoid social media that makes you feel down or negative about yourself or what is going on.

**Where to access support…**

If you are struggling at the moment mentally and feel that family and school are not where you want to get advice and support here is where you can access support:

Young minds: [www.youngminds.co.uk](http://www.youngminds.co.uk)

Childline: 0800 1111

Kooth: [www.kooth.com](http://www.kooth.com)

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

**Keep Learning…**

Of course I am going to plug the work your teachers are setting you! BUT there are a number of enrichment activities for you to have a go at as well! I want to point you in the direction of a couple of apps that are worth it to help with this idea of learning- why not encourage your family to download them too?!

Firstly, the YouCat app- <https://www.youcat.org/daily#appLink> which offers daily reflection/ learning about the Bible/ Catholic teaching etc.

Secondly have a go at learning a new language or improving your skills in Spanish with <https://www.duolingo.com/mobile-> It’s teaching me French at the moment!

**Be Active…**

Start as you mean to go on. Plan some physical exercise into your daily/ weekly routine and **STICK TO IT.** There are some great resources online that can give you suggestions depending on your fitness level, the amount of time you have and resources you have to hand. It could be as simple as a daily walk in your local area.

**Give…**

It doesn’t have to be money… it could be your time (especially as we have a lot of it at the moment). Have you helped your family out in some way? Have you offered to do some chores around the house? Contributed positively to your household? Made time to play with a sibling? These are all ways you can give your time and it will be very much appreciated! Make a play list of songs that makes you feel upbeat and share it with a friend… Make a cake for your family or embark on a DIY project with your parents/ carers even?!

**Taking Notice… Mindful Eating…**

Continuing on from maintaining a routine, this is also important for mealtimes. It could be so easy to treat this like a holiday and throw caution to the wind but it is really important to plan your meal and your mealtimes and to sit down and mindfully eat.

Eating will take on a whole new meaning in our simplified lifestyle. Here’s how to do it….

**◊ Sit at the table**

**◊ Pay attention to what you are putting in your mouth**

**◊ Notice the smell, texture, flavours as the food as it hits your taste buds**

**◊ Slow down and chew each mouthful 15- 30 times**

**◊ Put cutlery down between mouthfuls ◊ Each meal should take at least 30 minutes, giving your brain chance to catch up.**

Mindful eating, or eating with awareness, is a great tool for appreciating what we have as our nutrition, it can also help weight management, may reduce food cravings and cut down on snacking, thereby minimising the risk of piling on unwanted weight.

**“Be who God meant you to be and you will set the world on fire.”**

St. Catherine of Siena

**Stay Positive!**

Easier said then done at the moment… BUT maintaining a daily routine is very important and it will make you feel less stressed, anxious and overwhelmed. Having a routine can help cultivate positive daily habits and to prioritise self-care. It can help cope with change, to form healthy habits, and to reduce stress levels. Routine can be an anchor. No matter what’s going on in the day, knowing that the evening meal will be around 6 pm, and bedtime will be around 10 pm, can be a real comfort. Taking this one step further and dividing your day into segments and planning for work, meals, exercise, virtual socialising and ‘you’ time will give you structure and a sense of purpose.

**Coming Up… If there is anything you would like to see on the next newsletter or have anything you would like to share please email: fisher.f1@st-benedicts.org**

**Welcome to the first Character Education Wellbeing Bulletin!**

The aim of the Bulletin is to cover physical and mental wellbeing whilst we are @home and not in school! I have identified 5 key areas for us to focus on (based on the 5 areas set out by MIND; Connect; Keep Learning; Be Active; Give; Take Notice. Each bulletin will give you helpful hints, tips and facts that might help you get through the weeks ahead.

**Mrs Fisher**