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|  | WELL-BEING NEWSLETTER |  **May 2020**  **PUPIL Issue 3** | |  |
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|  |  | Welcome to the April 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. 01. 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=yF7Ou43Vj6c>. Aimed at children but applicable to adults, too! 0.2 Support - click on the images to watch:   0.3 Information, guidance and updates:  04. Special Activities  * Try learning your spellings or new words creatively…        * Listen to Firbeck’s signed song on the school website:    05. Activities and resources:    * Can you write 3 top tips for doing your favourite exercise correctly and safely? * Would you like to reminisce? Click for a [happy memory](https://firbeck.org.uk/page.php?p=forest) curtesy of Miss Potter…   **06. ‘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.  **Thank you Teaching Staff**    **Contact us**  The main contact email to use for your school for general enquiries is **[admin@firbeck.org.uk]** |  |
| 1. What is ‘well-being’? 2. Support 3. Information, guidance and updates 4. Special features 5. Activities and resources 6. ‘Here’s one I tried earlier’ |