

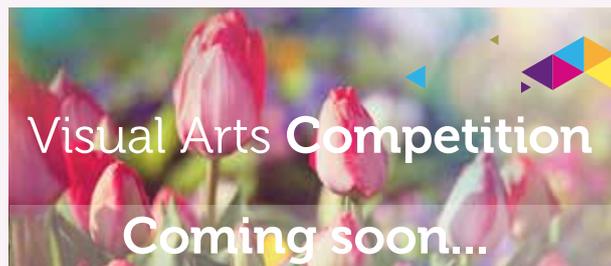
Wellbeing Newsletter

As we move into our sixth week of working very differently in schools, many of us are having more conversations with colleagues and children about current challenges. The positive news is that colleagues are still staying connected and kindness is in abundance. Our wonderful SLE team have stepped up volunteering to create 'virtual content' for our cancelled NQT Conference and people are still reaching out in a very generous way. A huge thanks to all of you for everything you are doing.

We have now updated our Mental Health First Aid resources on the website and we are organising some virtual networking for mental health first aiders later this term. We know that feeling productive helps us feel better so we have also added a new Professional Learning space to the site so please check it out and do keep in touch with us.

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Book of the week

The Boy, the mole the fox and the horse
by Charlie Mackesy

A story about empathy and four unlikely friends with beautiful illustrations to be enjoyed by old and young alike.

"Isn't it odd. We can only see our outsides, but nearly everything happens on the inside. One of our greatest freedoms is how we react to things."

Energy boosting foods



Lots of us feel drained as a result of the current circumstances, but rather than relying on caffeine or sweet treats for a boost, did you know there are 10 foods that can make all the difference to our energy levels?

These include oats, spinach, eggs, potatoes, peanut butter and blueberries. For the full article from nutritionist, Jodie Brandman, visit [Happiful magazine](#)

Blog

The unexpected effects of 'Raving with Rushbrook'

Matthew Carroll, Principal, Rushbrook Primary Academy, Manchester

We decided to show the children and families a different side to us as everyone needs to raise a smile at the moment. What we didn't realise is that this would have a huge impact on us as colleagues.



[Read the full blog here >>](#)

BATHE

Often used for patient consultations in a primary care setting, the BATHE technique (Lieberman & Stuart) is a brief psychosocial intervention using five questions to connect meaningfully with individuals, empowering them to handle challenges in a constructive way.

It's simple and the basic principles can help to shape a conversation with anyone we might be supporting to help us work together to find a solution.



BATHE

Background.

What is going on in your life? The first two minutes belong to the person.

"My mum and dad are arguing all the time."

BATHE

Affect

How do you feel about that? Summarise the feelings: the underlying message is "I have been listening/I am here for you" It helps the person to hear their own feelings externalised, reflected and summarised.

"I feel angry, upset..."

BATHE

Trouble

What troubles you the most about that? What is the worst thing about the situation? A focus on underlying messages:

1. we can talk about anything here
2. our time is short so we must focus

"I am worried that they will split up and I won't see my dad."

BATHE

Handling

How are you handling that? The important thing is to manage the situation and not get stuck in the overwhelming feelings. The underlying message is "You can handle this situation."

"Badly I shout a lot and get into trouble. I am not getting on with my family or my friends even though I'm not seeing them properly."

BATHE

Empathy

That must be very difficult for you? Normalise the situation for the person. Empathy means it sounds awful and anyone would feel like this in this situation.

"Yes it is..."

From The Fifteen Minute Hour
Therapeutic Talk in Primary Care
Marian R. Stuart and Joseph A. Lieberman

Our Frontline campaign an update from Greater Manchester Health and Social Care Partnership

A new campaign has launched to support key workers with information and emotional support. 'Our Frontline' is a national initiative between Mind, Hospice UK, the Samaritans and Shout. Toolkits containing a range of resources are now available on the [Mental Health at Work](#) website.

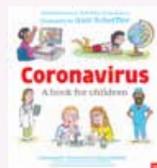


Useful links:

For children

Coronavirus – a book for children

This free download has been produced by Nosy Crow and is illustrated by Axel Scheffler.



The latest **CAMHS resources** put together in one place for young people, carers and professionals from across the internet including videos, books, downloads and apps.

For adults

The above graphic is available as a **downloadable poster** for a mindful colouring exercise thanks to Emma at Imagistic.

Hong Kong-based principal Ben Keeling discusses what he's learned to make sure anxiety doesn't spread during school closures in **TES** (you'll need an account to log in).

Teacher 5 a day - thoughts from Martyn Reah, 20 years a teacher. A topical blog initially set up to promote self-care and wellbeing. #Teacher5aday is now considered an essential networking tool on Twitter: [@teacher5aday](#)