

Wellbeing Newsletter

We continue to hear so many heart-warming stories of how our schools and individuals within our network are helping others and the wider community, from student wellbeing ambassadors creating their own newsletters, to schools offering food packages to families in need and sending messages of happiness to care home residents, despite everyone experiencing their own challenges.

Mental Health Awareness Week takes place this year between 18-24 May and this year's theme will look at the power and potential of kindness. Protecting our mental health is going to be key to coping with and recovering from this pandemic. Being kind to one another and ourselves is one of the things that can help us to do this. To find out how you can get involved, including taking part in their 30 minute moving challenge visit the website.

You can also get involved with Place2Be's virtual kindness cup award www.place2be.org.uk (please don't award any before the week itself).

We hope that amongst all the uncertainty, you are taking time for yourselves. You may have already seen that we recently launched a visual arts competition to capture this period in our lives. We'd love to see your photos highlighting how beautiful our natural world is or depicting the simple acts of kindness that you are witnessing. Colleagues, teachers, children and parents can enter. For more details about the competition visit our website: www.allianceforlearning.co.uk

Lisa Fathers

Director of Teaching
School & Partnerships

[@lisafathersAFL](mailto:lisafathersAFL)
lfathers@aggs.bfet.uk

Blog

Stanley Grove Primary Academy students

'Bring sunshine to a cloudy day' for
residents of a Stockport care home

Students who are currently in school have been keeping busy by spreading joy to others in the community and we could not be prouder of the thoughtful ways they have been sending their support.



By taking part in these activities we've also been able to have some important conversations about good mental health and wellbeing, checking in on the children themselves.

Julie Farmery, a Year 1 teacher.

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

Wellbeing recipe of the week

If you're missing a Nandos, have a look at this simple recipe for peri-peri chicken mozzarella stacks with 'macho' peas: www.olivemagazine.com



Just when we think we're adjusting to the roller-coaster that is lockdown, we're hit by a 'Dip Day'

This article in the Huffington Post explains more about low mood days and what we can do to try and get through them.

www.huffingtonpost.co.uk



Bereavement advice

A new bereavement service is available across Greater Manchester for those who have been bereaved and need support or advice.

The Alliance for Learning with Winston's Wish, childhood bereavement charity is holding a **free CPD webinar** on 12 June 11am-12.15pm. The session will cover grief, loss, trauma and self-care and will include a Q&A.

Webinar link

A new Bereavement Helpline has been introduced by the NHS to support bereaved families during the Coronavirus outbreak.

www.thegoodgrieftrust.org

Dying Matters Awareness Week (11-17 May) is focussing on listening this year and will offer resources on all matters linked to bereavement support including how to talk to children about death.

www.dyingmatters.org/AwarenessWeek

GREATER MANCHESTER BEREAVEMENT SERVICE

0161 983 0902

Monday to Friday, 9am to 5pm
Wednesday, 9am to 8pm
Except bank holidays



Greater-Manchester-Bereavement-Service.org.uk

FREE 12 JUNE 2020
Bereavement CPD
Webinar
12 June 11am-
12.15pm
+Presentation
+Q&A
Bright Futures
Winston's WISH
Giving hope to grieving children

Thank a Teacher Day 20th May

Thank a Teacher Day is celebrated each year, but this year we're being encouraged to say thank you to all the amazing teachers and support staff who are doing a fantastic job every day in these difficult circumstances. We all know positive feedback is incredibly important for wellbeing, so please support the campaign by creating an awareness of it. We know there are so many of you out there who could be featured as #staroftheday.

www.thankateacher.co.uk/thank-a-teacher-day



Beelieve in Greater Manchester

Mental health charities from across Greater Manchester have teamed up to create a new campaign, Beelieve.

The initiative will provide mental health support during and after the Covid-19 outbreak. **#BeelieveGM** will provide emotional, therapeutic and practical help when and where it's needed.

It is supported by Mancunian band 'The Lottery Winners' who are donating all profits from the sale of their new single, Love Will Keep Us Together and related merchandise.

Beelieve

Visit the website >>

Useful links:

For children and young people

A coronavirus social story

From The Autism Educator referencing social distancing and why we are unable to visit favourite places.

www.littlepuddins.ie

Talking to children about the coronavirus

A view from the British Psychological Society.

www.bps.org.uk

For adults

Living Life To The Full delivers online courses for people affected by low mood, anxiety or depression using cognitive behavioural therapy concepts. Materials have been designed to boost an individual's ability to live well.

Starline is a national home learning helpline offering expert information and advice to parents and carers.

www.starline.org.uk

The GM Health and Social Care Partnership Covid-19 hub now has a Mental Health in Education section.

www.hub.gmhsc.org.uk