

Wellbeing Newsletter

Dear colleagues,

We have chosen the theme of 'hope' for this newsletter as we turn our thoughts increasingly to starting a new normal and recovering from the pandemic. Even if the present is unpleasant, the thought of a positive future can be a powerful catalyst for moving forward.

We have also added a 'recovery and return to school' section on our website where you can find more useful articles and resources. www.allianceforlearning.co.uk/covid-19/recovery-post-covid-19

If any of you have any ideas about how we can build on or share the fantastic work that is already underway across our network in the area of recovery planning, please let me know.

Finally, we hope you enjoy a well-deserved break over the summer and take some quality time for yourself and your families. In this newsletter you'll also find some top tips for managing wellbeing and relaxation throughout the holiday period.

Many thanks,

Lisa Fathers

Director of Teaching
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Wellbeing recipe of the week

This zesty pasta salad can be made in advance for a delicious and filling lunch or try it as an accompaniment to a classic BBQ.

[The recipe >>](#)



Why hope will play an important role in the road to recovery

'In the current climate we have all been doing our best and over the last three months or more, we have been on a rollercoaster journey of emotions.

Many of us have experienced fear, sadness and even anger or guilt because of the situation we have found ourselves in due to the pandemic. Now we must focus on the powerful emotion that is hope.'

Lisa Fathers offers some thoughts on why hope can give us renewed energy for the future.



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



Mental Health
Foundation

Returning to school after lockdown – supporting young people

With the future in mind, this article from the Mental Health Foundation looks at the varied experiences and challenges children and young people will have faced during lockdown.

It offers some tips, tools and strategies for supporting them during the transition of returning to school.

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

Helping parents through Starline support

We've been working with Starline support, a national partnership of parenting and teaching organisations - to help parents understand some of the needs of their young people at this time.



[How can I help my child cope with a bereavement? >>](#) [Helping teenagers with lockdown: an online discussion >>](#)
Helping children to cope with loss including age-appropriate support and grief rituals.

Helping children and young people manage anxiety

Our online CPD with Lisa Wisner, focussing on understanding the physiological effects of anxiety on physical health, emotions and how it impacts on children and young people's behaviour is fully booked. We will be announcing more dates soon so keep a look out for the latest updates if you weren't able to secure your place.



Greater Manchester Health and Social Care Partnership resource pack for children and young people, their parents and carers



A resource pack for children and young people and their carers and families, is being produced to help with the transition back to school or college, later this year. The pack will focus on issues/concerns identified by children and young people as being the ones that matter. If you have any feedback regarding any issues/concerns you're picking up, any resources you'd like to see included in this, or any resources that you've found or produced locally please email laura.blake10@nhs.net

Additional useful resources

Seven ways to support young people who may be worried from the Anna Freud National Centre for Children and Families:

www.annafreud.org/media/11608/7waysanxiety.pdf

Emerging evidence - Coronavirus and children and young people's mental health from the Evidence Based Practice Unit (EBPU) - A partnership between UCL and Anna Freud National Centre for Children and Families:

www.annafreud.org/media/11643/coronavirus-emerging-evidence-1-final.pdf

10 books to share as children return to school:

www.readteachlearnthink.wordpress.com

Five ways to help children heal when schools re-open:

www.marymered.com



7 ways to support children and young people who are worried

Clinicians at the Anna Freud Centre have developed seven ways that we consider to be best practice in responding to children and young people's fears.



Congratulations to the winners of our 'lockdown' visual arts competition!

Visual Arts Competition Winners

Student Category



2nd Fearné



1st Chloe
Longendale High School



3rd Aliyah
Falinge Park High School



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Congratulations!

Bright Futures
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The best for everyone, the best from everyone

Visual Arts Competition Winners

Staff Category



2nd Sarah
Great Academy Ashton



1st Kate
Bedford Primary School



3rd Kerry
Melland High School



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Congratulations!

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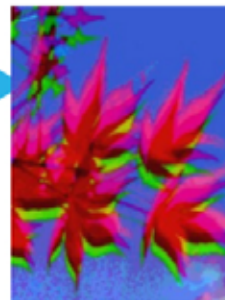
The best for everyone, the best from everyone

Visual Arts Competition

Outstanding Contribution



Lily - Special
Outstanding
Achievement



Renee - Special
Outstanding
Achievement

Melland High School have won an overall "Outstanding Contribution" Award for their passion and commitment to creativity and visual arts. They entered over 40 photographs and the entire school community engaged with this competition.



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Tips for wellbeing and relaxation over the summer

Read for pleasure – not a text book or education-related guidance, read a novel, or magazine. Something that will transport you to another world!

Socialise (within the guidelines) – enjoy time with family and friends. We've spent so much time apart, enjoy conversations and quality moments with those who aren't teachers and discuss something that isn't school, or COVID-19 related to help you switch off from school life.

Indulge in TV – watch a new series on Netflix or revisit a box set. Switch off and have a day of doing not much! Catch up on all the programmes you would like to see.

Exercise – it is vital for mind and body to stimulate endorphins. Try a new cycling or running route or take part in a virtual online class for an activity you've always wanted to try. Many people have been testing out new activities during lockdown – breaking down any previously-held inhibitions.

Sleep – enjoy the benefits of some proper deep sleep and lie ins where you've nothing really to get up for (unless you have little ones) and then try and take a nap when you can!

Eat healthily and try cooking new things – have a look for a recipe that you've never tried and make something that you wouldn't normally have time to make. Treat a loved one to a special meal and enjoy it together. Have a search for some recipes that use foods to boost your mood.

Treat yourself – recognise your achievements and reward yourself, whether it's having a treat from the bakery, buying a new bit of kit for your bike or booking a haircut. Acknowledge what you are proud of and what you are thankful for, even if it's just writing it in a notebook as this is essential for self-esteem.

Try a digital detox – Take some time away from social media and the pressure to be online all the time. Do you really need to answer those emails? It's a good idea to avoid screens (phones, tablets, and laptops) just before bed, but everyone is different, and you know what works for you. Even trying this for one day can make you feel revitalised.

Meditate – quieten your mind. Taking five minutes to close your eyes and focus on breathing is incredibly powerful. Slow, deep breathing taking longer breaths out, increases the oxygen in the blood, creating more energy in the body and improving mental clarity. There are so many apps to try and now you've got the time!

Don't plan a schedule for the day – get rid of the school bell ringing in your ear and the set timetable. Do nothing for the day and see where it takes you...

Ideas to make the most of a staycation!

With a lot of us planning to stay at home this summer, here are some ideas to make the best of it. Let's hope we get good weather!

Set up a home cinema – all you need is a projector, a video source such as DVD player, a laptop or streaming device and a white sheet weighted down so it doesn't blow away.

Go camping in your back garden – popular with the kids, and with the benefits of home comforts!

Have a themed week of food – Spanish, Greek, Mexican, whatever you like! You could even order in from your favourite restaurant, so you don't have to cook. Travelling is a mindset – you could travel through your cookbooks by choosing a different country each day.

Take day trips from home – research new local walks or take a turn down a street you've never been down. Most people will be surprised at the natural attractions you can visit just an hour or two from your doorstep.

Have a games day in the garden – set up a series of garden games like hoopla or skittles and you could include fairground favourites such as a bottle stand and ball and bucket toss for a challenge day with the family. Top scorer wins a prize!

There are lots of other things you can do from the comfort of your own home including watching a show, or why not bring the bar or pub to you?

You could have a mixology night making your favourite cocktails or set up a travel-themed quiz with your friends or family.

