

Health and Wellbeing Newsletter – March 2020

At this difficult time, it is more important than ever that we look after all our mental and physical health and wellbeing. For many of us the change of routine together with the closure of facilities and possible self-isolation can make it even more challenging to look after ourselves. By bringing together a range of activities and exercises in this newsletter we hope that it will go some way to improving the wellbeing of the Bellevue Place Education Trust (BPET).

How to help children cope with life without school

With children off school for an indefinite period, Professor Cartwright-Hatton, professor of clinical child psychology at the University of Sussex spoke to the BBC to give a number of tips on how parents can help their children cope. Her tips are likely to be of help to both children and adults. Click on the link below to read the full BBC article.

<https://www.bbc.co.uk/news/uk-politics-51959957>

Ways to stay social online

While many might be feeling cut off from their friends, hobbies and social lives, the internet offers a variety of ways for us to stay in touch, keep entertained and educated through these days of social distancing.

It is possible to socialise remotely, have a virtual tour of famous museums all around the world.

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

Physical activity from home

The benefits of exercise have long been proven and do not simply include those physical adaptations we are most familiar with. As well as weight management, physical activity reduces anxiety and stress, improves self-esteem and our sleep, as well as our memory and thinking skills. By undertaking as little as 30 minutes of physical activity a day we can have a positive impact on both our mental and physical wellbeing. This could include gardening or just taking the dog for a walk. However, in these unusual circumstances, it is good to know what other activities the whole family can perform at home to keep active.

The world's largest PE lesson

Each day from Monday at 9am 'The Body Coach' Joe Wicks will live stream a daily home workout PE lesson on his YouTube channel. The 30-minute sessions are aimed at all ages 'from little kids right up to secondary school' and is a great way for the whole family to keep active.

Simply search for The Body Coach on YouTube or use the link below to access the lessons as well as a variety of workouts for the whole family.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Or why not try the following links to get you started:

- Zumba for beginners: https://www.youtube.com/watch?v=9_MxwQw10RI
- Yoga and mindfulness yoga: <https://www.youtube.com/playlist?list=PL24F24DED6802A567>
- Dance for younger pupils: https://www.youtube.com/watch?v=sHd2s_saYsQ

Remember, never go straight into any form of exercise without warming up first.

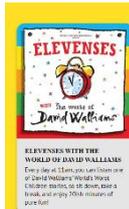
The body and mind both need to prepare for the activity ahead and a warmed-up body will perform better and is much less likely to get injured.

If you are short of space, marching with arm swings, jogging on the spot, jumping jacks and lateral steps will all do the trick. For further ideas on warming up try the beginners dynamic warm-up activities from 'Nerd Fitness', which can be found on YouTube at <https://www.youtube.com/watch?v=qQ96oXp5RTU>

Other things to watch, read and listen to

There are also several interesting things to watch, read and listen to at the moment. Why not try the following:

Read / Listen:



Award winning author David Walliams has released 30 free audio stories for children to listen to. He will release recordings of extracts from his books every day at 11am on his website <https://www.worldofdavidwalliams.com/> then click on 'ELEVENSES WITH THE WORLD OF DAVID WALLIAMS'

Watch:

BBC CBBC is a channel for children aged 6 – 12, from 7am – 9pm. We only recommend short bursts of TV <https://www.bbc.co.uk/tv/cbbc> For pupils under 6 the BBC offers CBeebies <https://www.bbc.co.uk/tv/cbeebies>

Wellbeing through colouring

On the last page of this newsletter you will find a mindfulness colouring sheet. Research suggests that mindful colouring can provide numerous benefits for all ages. Along with providing a much-needed break and the chance to relax and refocus, it can:

- Help lift your mood, decrease anxiety and stress
- Encourage forming positive, relaxation-based coping mechanisms to help manage anxious thoughts and feelings
- Distract from negative thoughts and interrupt a focus on worries about past or future events.

Mindfulness and mindful colouring can help all ages increase their awareness of the world around them and their place in it. By taking the time to move carefully from one pattern to the next, children can avoid getting lost in negative thoughts.

Tracey Blandford

Marketing and Communications Manager

Bellevue Place Education Trust



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