

## Health and Wellbeing Newsletter – May 2020

As we head towards May half-term life in the UK has started to change, we can exercise as much as we wish, we can meet up with one person from outside our family group at a social distance, we can, without families, enjoy longer time outside to enjoy picnics and games, we can even drive to places of beauty to enjoy outdoor space. We hope these changes have a positive impact on your health and well-being and that you stay safe, stay alert and social distance. We also remind everyone that it is still so important to continue regular hand washing for more than 20 seconds.

The biggest change for us as members of the BPET school community is that our schools are following the government statutory guidance to plan for the re-opening of school from 1<sup>st</sup> June for certain year groups. As a team of staff we are all working so hard to ensure we assess our premises and procedures to mitigate risk to all who return and you can be assured safety is our number one priority. Thank you to all those families who, when asked, responded to our questions about returning your child (ren) to school, this data has helped our preparations and planning so much. All staff have been surveyed too and with a 94% response rate we have much data to help our schools plan.

This edition of our well-being newsletter we have content from **elite performance coach Alastair Dunn** who shares his experiences as a professional sailor and how they can be applied to help us during this period of social distancing and lockdown. Alastair discusses routine, the use of technology and the importance of balancing our exposure to the information we receive, as well as expecting the unexpected. He covers the need for us to come together as a group, communicate and reflect.

### ***“Everyone is Important ...***

*We are aboard the same yacht, with the same purpose, we all play a role in getting safely to our destination.*

*Some will be more suited to being on the bow of the boat wrestling with the elements, changing a sail, getting covered in saltwater in the middle of the night. Others will adapt to the complexity of the 'pit' and dealing with halyards, and some will have superb wind awareness for trimming and helming the yacht. Below deck, we also need people to keep the crew fed, cupboards stocked and the boat's essential systems serviced.*

*Aboard, the routine will dictate the key roles and ensure everyone rotates, so the same person doesn't clean the heads all the time. This also provides variety and a sense of purpose.*

*The point here is that all of us have different skills, talents and tolerances. It is about seeing the best in everyone and recognising that we all play our part in the sailing of the yacht.*

*At home, this is very much the same. Everyone needs a purpose, including the children.*

### ***Respect, communicate and reflect***

*What's the hardest thing about sailing across an ocean? The people. The sailing is the easy part! Blame never has a place on any boat or team of mine. The buck stops with me. Establishing trust, honesty and open dialogue across the crew is straightforward and essential.*

*After about day five of being aboard, people start being honest with each other and after day ten it's a free for all. Small things can become huge in the pressure-cooker environment aboard a yacht, particularly in the tropics. A simple spray of deodorant below decks could (and has) ignite a massive argument.*

*I mentioned the importance of eating together once a day, typically timed on a watch change and with everybody on deck. I provide a general update on progress, location, weather and all things related to the yacht. Meals together allow time to discuss anything that might be upsetting the equilibrium aboard; this feedback loop must be respectful and honest.*

*Eating together is a vehicle for change aboard, and while most of the time it's a social occasion, some absolutely golden ideas have been brought up and allowed us to evolve how we run the yacht together and go faster.*

*Group reflection is good, but when complemented with personal reflection, it is even more powerful. Crew members each have a bunk and most of the time in that space is their own.*

### **Perspective**

*Positivity and enthusiasm go a long way, but more important than that is keeping perspective. When you're offshore, you must keep moving forward; you must face problems, you must keep everyone and everything safe and on track. Remember, you are a team and it's okay to have off days, but that's when your crew mates, or in the current situation your family and friends, come in to support you.*

*Outside of your crew mates, nobody is there to help you, the yacht and everyone on-board must be self-sufficient and face the challenges.*

### **The storm always passes**

*At home, we keep it simple during this time of turmoil. It's a simple case of keeping focus on what it is we can control and what it is we cannot. "*

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### **Virtual quizzes for the family for every day of the week**

One of the winners from the lockdown is those who organize online quizzes. There are options and ideas for every interest and age range. Techradar offers a quiz for everyday of the week. Ranging from sport and Disney to traditional pub quizzes, there is something for everyone. Follow this link for more information: <https://www.techradar.com/uk/news/best-virtual-pub-quiz-a-great-live-online-quiz-for-every-day-of-the-week>

There is also a great website and APP for quizzes and home-learning called Kahoot:  
<https://kahoot.com/>

For the sports fans you can test yourself with 'A Question of Sport' live on BBC Radio 5 Live and the website on Saturday, from 14:00 BST. Regular captains Matt Dawson and Phil Tufnell will be leading their teams from their own homes, with Mark Chapman hosting the show. You can listen via radio, BBC Sounds and online, while engaging and playing along through live text. Enjoy your quizzing and good luck. - <https://www.bbc.co.uk/sport/live/52228261> or <https://www.bbc.co.uk/sport/52136208>

## **As we reach half-term some links to things to do and places to go ... safely**

### **29 activities for children**

<https://www.marieclaire.co.uk/life/29-kids-activities-during-lockdown-691585>

### **Busy but manageable places to visit in the UK**

<https://www.bbc.co.uk/news/uk-52686519>

### **Large areas of London to be car free**

<https://www.theguardian.com/uk-news/2020/may/15/large-areas-of-london-to-be-made-car-free-as-lockdown-eased>

### **Parks in London**

<https://www.timeout.com/london/things-to-do/londons-major-parks>

### **Parks in Windsor and Maidenhead, Berkshire**

[https://www.tripadvisor.co.uk/Attractions-g186415-Activities-c57-Windsor\\_and\\_Maidenhead\\_Berkshire\\_England.html](https://www.tripadvisor.co.uk/Attractions-g186415-Activities-c57-Windsor_and_Maidenhead_Berkshire_England.html)

### **Parks in Wokingham, Berkshire**

[https://www.tripadvisor.co.uk/Attractions-g227132-Activities-c57-Wokingham\\_Berkshire\\_England.html](https://www.tripadvisor.co.uk/Attractions-g227132-Activities-c57-Wokingham_Berkshire_England.html)

### **Parks in Richmond**

[https://www.tripadvisor.co.uk/Attractions-g191301-Activities-c57-Richmond\\_upon\\_Thames\\_Greater\\_London\\_England.html](https://www.tripadvisor.co.uk/Attractions-g191301-Activities-c57-Richmond_upon_Thames_Greater_London_England.html)

### **Parks in Surrey**

[https://www.tripadvisor.co.uk/Attractions-g186388-Activities-c57-Surrey\\_England.html](https://www.tripadvisor.co.uk/Attractions-g186388-Activities-c57-Surrey_England.html)

### Mindfulness Colouring





