

# Wellbeing Newsletter



Hi everyone, we hope that you and all your families are staying well and safe. We send much love to all. Welcome to our second newsletter. Thank you for all the support and input from staff who have helped collate this newsletter.

Taking care of your mind as well as your body is important while staying at home because of coronavirus (COVID-19).

You may feel bored, frustrated or lonely. You may also be low, worried or anxious, or concerned about your finances, your health or those close to you.

It's important to remember that it is OK to feel this way and that everyone reacts differently. Remember, this situation is temporary and, for most of us, these feelings will pass. Staying at home may be difficult, but you are helping to protect yourself and others by doing it.

## Stay connected with others



Maintaining healthy relationships with people you trust is important for your mental wellbeing. Think about how you can stay in

touch with friends and family while you are all staying at home – by phone, messaging, video calls or social media – whether it's people you usually see often, or connecting with old friends.

Lots of people are finding the current situation difficult, so staying in touch could help them too.

## Talk about your worries



It's normal to feel a bit worried, scared or helpless about the current situation. Remember: it is OK to share your concerns with others you trust – and doing so may help them too.

**If you cannot speak to someone you know or if doing so has not helped, there are plenty of helplines you can try instead**

## Look after your body

Our physical health has a big impact on how we feel. At times like these, it can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse.

Try to eat healthy, well-balanced meals, drink enough water and exercise regularly.



You can leave your house, alone or with members of your household, for 1 form of exercise a day – like a walk, run or bike ride. But make you keep a safe 2-metre distance from others. Or you could try one of our easy 10-minute home workouts -

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

### 10-Minute Cardio Workout

Clear some space and follow along with this easy workout to get your heart rate pumping! Doing this work out a few times a week is a great way to build up to 150 minutes of physical activity.

## Take time to relax

This can help with difficult emotions and worries, and improve our wellbeing. [Relaxation techniques](#) can also help deal with feelings of anxiety.



## Think about your new daily routine

Life is changing for a while and you are likely to see some disruption to your

normal routine. Think about how you can adapt and create positive new routines and set yourself goals.

You might find it helpful to write a plan for your day or your week.

If you are working from home, try to get up and get ready in the same way as normal, keep to the same hours you would normally work and stick to the same sleeping schedule.

## Look after your sleep

Good-quality sleep makes a big difference to how we feel, so it's important to get enough.

Try to maintain your regular sleeping pattern and stick to good sleep practices.



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## Academy St James Bake off!

Put your aprons on, turn on the oven and collect your ingredients. We would love to know what you are baking or cooking to make you smile.

Send a photograph to us and we will include

this in our next newsletter.

Hannah has very kindly sent her famous Cadbury cream egg bake.

<https://www.olivemagazine.com/recipes/baking-and-desserts/creme-egg-brownie-cake/>



### Ingredients

butter 250g  
golden caster sugar 200g  
light muscovado sugar 100g  
self-raising flour 200g  
cocoa 5 tbsp  
baking powder a pinch  
eggs 3  
mini Cadbury's Creme Eggs or other filled small chocolate eggs 3 x 89g bags  
milk chocolate 100g

### Method

#### STEP 1

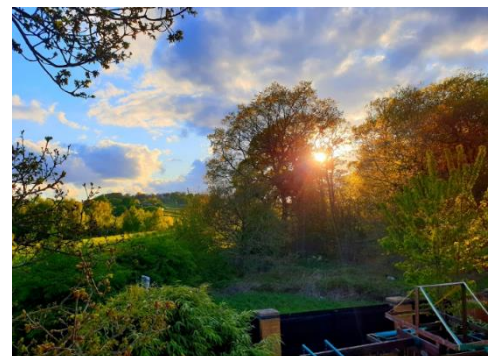
Heat the oven to 180C/ fan160C/gas 4. Put the butter and sugars in a pan and heat gently until the butter has melted. Takeoff the heat and stir in the flour, cocoa, baking powder and eggs to make a smooth batter.

#### STEP 2

Pour the batter into a lined 20x20cm cake tin (leave some paper overhanging to help you lift it out) and push half the mini Creme Eggs at intervals all over the batter. Bake for 35-40 minutes. Cool for 10 minutes and then lift out and cool completely.

#### STEP 3

Decorate the top with the remaining creme eggs, halved, then melt the milk chocolate and drizzle it back and forth across the cake.



## Jokes of the week

Why did the student eat his homework?



*Because the teacher told him it was a piece of cake!*

**WHAT DO YOU CALL  
A BOOMERANG THAT  
WON'T COME BACK?**

**A stick.**

## Joke of the Day

As always, "SATC" (Safe for the classroom)

**Q:** What do you say when you are comforting the grammar police?

**A:** There, Their, They're





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## We asked Becky Albentosa.....

### How are you managing to keep in contact with loved ones who you can't see at the moment?

I use WhatsApp to speak to family here and in Spain. I send photo's to my Mum everyday by email because she doesn't own a smartphone and isn't on Facebook and use the old fashioned phone.

I see my Mum and Dad every week when I take them their shopping, we have a quick chat over the garden wall.

Every Saturday we have had a house party quiz with our friends. I haven't won yet which I am annoyed about!!

### What have you been doing to relax at the moment?

I'm very lucky because I have a lot of things to keep me busy and outside in the fresh air, I don't like being inside much.

Lots of garden jobs, it's looking beautiful! Sitting in the sunshine reading my book, walking with Poppy and riding my horse.

### What has been your favourite recipe to cook this week?

I made a Coffee and Walnut cake yesterday and a Lemon Drizzle cake last week which was very nice!

### What are you reading?

I started a new book yesterday called I'll keep you safe.

### How's Poppy?

She's very happy enjoying all the long walks, she was very tired yesterday because she came on a horse ride with me and had to run all the way!

### What is keeping you smiling?

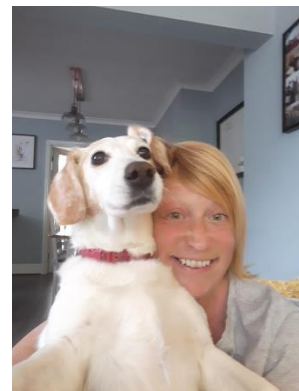
My beautiful granddaughter, being outside doing the things I enjoy and seeing all the things that everyone at St James is getting up to on DOJO, loved the talent contest videos!

### What are you missing the most at the moment?

My family and friends and everyone at St James.

### Any advice or messages you would like to give to your friends and colleagues?

Me and Poppy say a big HELLO to everyone, keep smiling and keep doing everything that you have been - you're all amazing!! Xxx



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## Here are some of the wonderful things staff have been doing over the last few weeks.

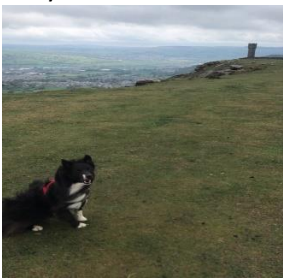
Mrs Sayer has made her own scented candles and soda bread –



Mrs Langley and her children decorated their windows ready for VE day on Friday –



Miss Petty took Rico to see some lovely views on their daily walk –



If you have anything you would like to add to the newsletters or have any suggestions, please contact Rebecca Oxley or Louise Allingham via their emails.

## Wellbeing websites and blogs

- Thank a teacher Scheme - <https://thankateacher.co.uk/thank-a-teacher/thank-a-teacher-form/>
- Government guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) pandemic: <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>
- NHS Covid-19 support: <https://www.nhs.uk/oneyou/every-mind-matters/looking-after-children-and-young-people-during-coronavirus-covid-19-outbreak/>
- Covid-19 support: <https://www.intraquest.co.uk/covid-19/>



**We will get through this - one day, one step at a time. Keep smiling.**