

Friday 19 March 2021

Our focus this week has been about building positive routines for wellbeing and pupils have been reflecting about the things that help them individually to calm. We have also highlighted how keeping active can make a real difference to how we feel.

8H have shared some of what they have been thinking about as part of this theme.

The week has ended with our morning of tutor group activities in support of Comic Relief. We will share more about this and the total raised through our non-uniform and sponsored walk next week.

It has been a mixed week of weather and a reminder that pupils will need a change of shoes in school on wet days to be able to play on the field.



Mrs Constantine

Theme of the week:
Wellbeing:
Positive routines



and safe communication
Spring term 2021-22



March

Support for all from the
Essex Wellbeing Service

The Essex Wellbeing Service are here to support families across Essex with a variety of information, advice, guidance, and support across a range of health, wellbeing and day to day needs.

Contact 0300 303 9988 or visit www.essexwellbeing.service.co.uk for more information.

Essex County Council



Please follow guidance to keep safe:

<https://www.gov.uk/coronavirus>

Kingswode Hoe School
What we plant today, we grow tomorrow



Positive Routines and Wellbeing

Here are some top tips for creating positive routines which help support your wellbeing!



- **Be organised** - Go down a checklist of things you might need for the day or to do and tick them off as you pack them or complete them.



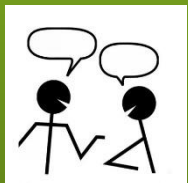
- **Get enough sleep** - Having a winding down for bed routine and making sure you get enough sleep is so important for your mental health leaving you feeling refreshed!



- **Keep active** - Taking part in any form of exercise helps to release endorphins which can reduce stress and anxiety, so keep moving!

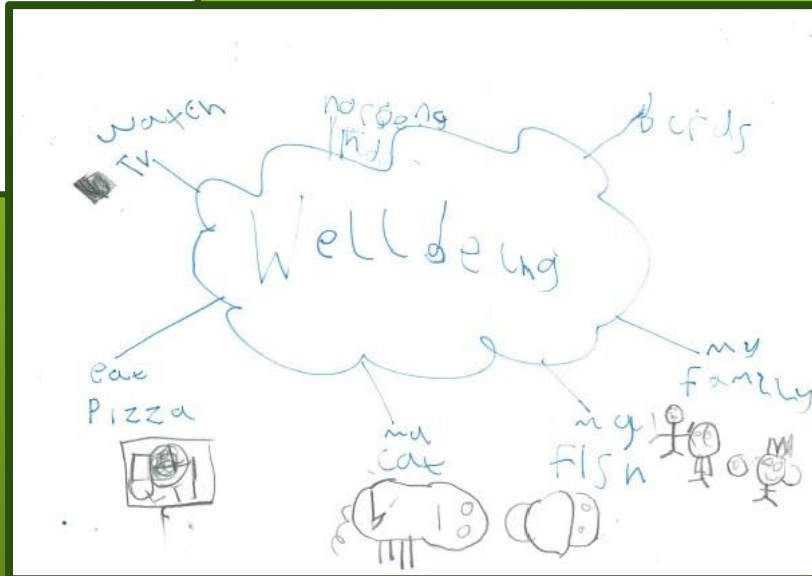
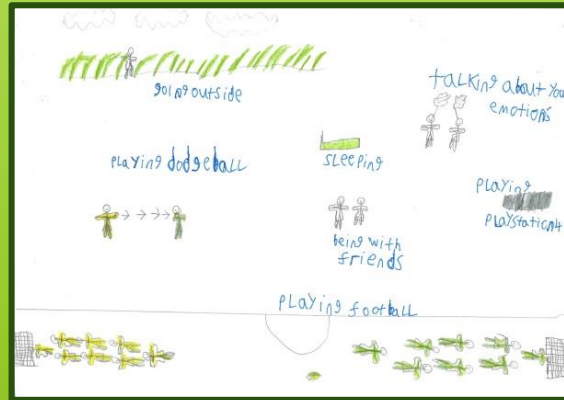
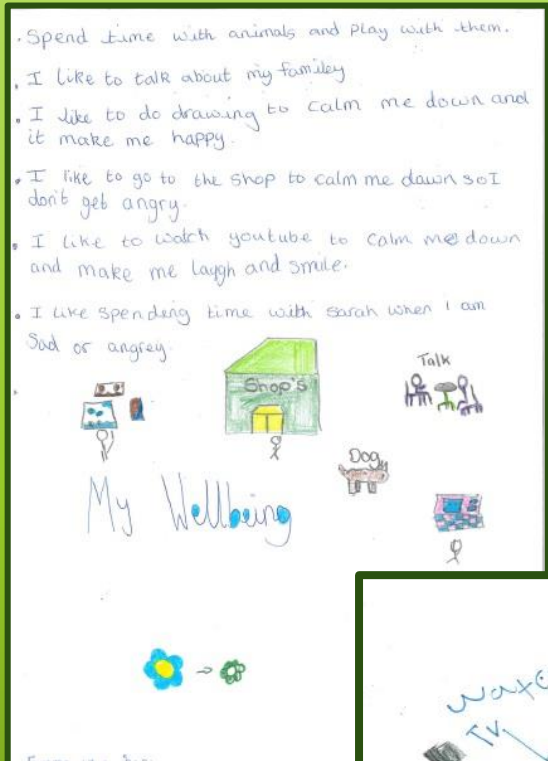


- **Me Time** - Doing something you enjoy and making sure you plan the time to do it can give you something to look forward to during the day. For example, you might love to read a book, do some drawing, go on the computer etc.



- **Talk** - Talk to friends and family. Talk about your emotions and things that are on your mind. Enjoy discussing similar things you enjoy and spending time together taking part in different experiences that will build your relationship.

Ways that 8H look after their Wellbeing

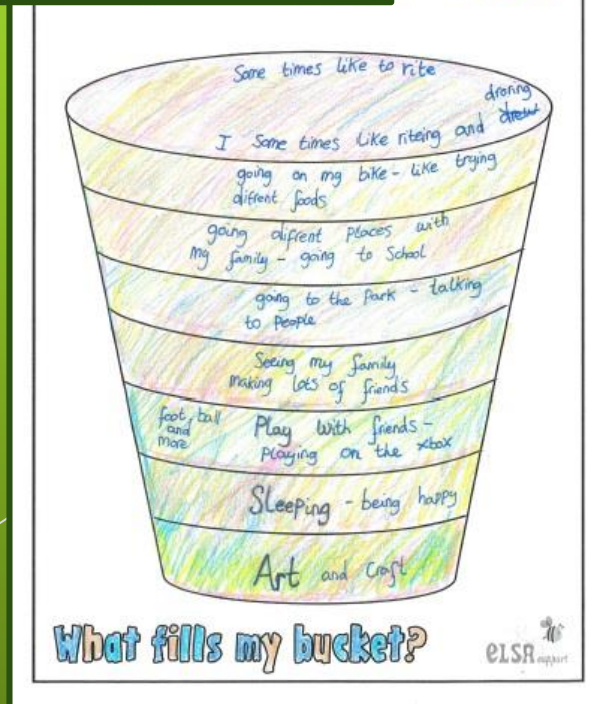
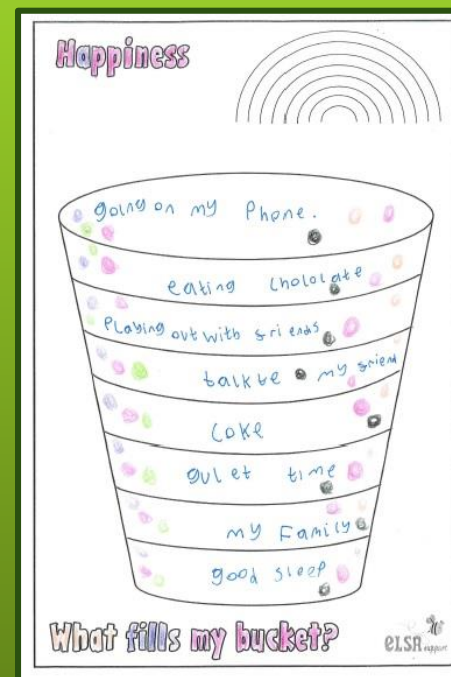
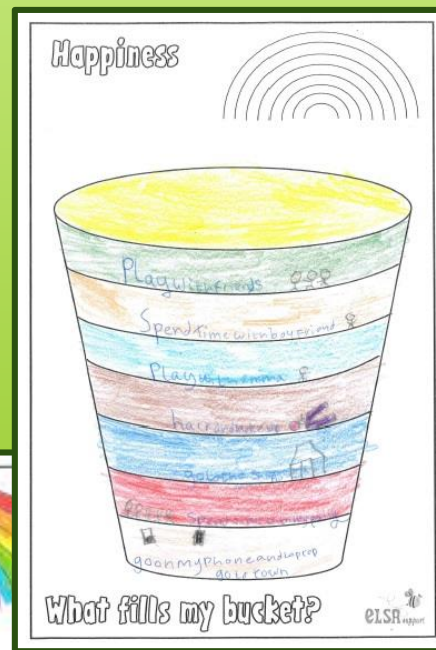


In 8H we watched a clip showing how we could look after our own mental wellbeing and listened to different pupils talking about their experiences.

We then created posters about what we like to do to take care of ourselves.

We also looked
at a bucket of
water
as being a way to
think about our
mental health.

The more we filled
our bucket with
things
that helped us look
after ourselves and
that we enjoy, the
better we feel!



Happiness



What fills my bucket?



What fills my bucket?



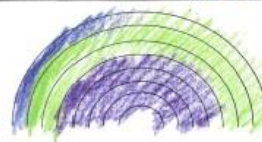
Happiness



What fills my bucket?



8.30.2020



What fills my bucket?



Finger Breathing by Summer

How to do finger breathing

- firstly breath in and move your finger up your finger
- and then breath out and move your finger down your finger and then repeat it.



The pupils in 8H watched a clip showing how to be mindful by taking a minute or two to be calm.

Summer has created a poster to help others learn this simple technique.

Further information on finger breathing can be found at:

<https://www.youtube.com/watch?v=HQVZgpyVQ78>

Friday 19 March 2021

DIARY

Easter break is Monday 29 March-
Friday 9 April
Pupils return Monday 12 April



Theme next week:
Accreditation:
Achievements this term

Notices

Well done to all the pupils taking part in sponsored walks for Comic Relief today- thank you if you have paid money in already via Arbor. Pupils enjoyed the Red Nose Day biscuits made by the catering team as part of this whole school event and classes did some special activities. More photos from the day to follow next week.

Pupils across the school enjoy getting outdoors as we know this can have a really positive impact on wellbeing!



**Covid
19**



COVID-19 testing



Click for more information



[Testing for secondary
age pupils link](#)

[Testing for household
members link](#)

IMPORTANT

Remember to report absence in the usual way next week by phoning school and taxi company.

Any Covid symptoms or cases must be notified as quickly as possible- ask to speak to Mrs Constantine or Mr Lee.

covid@kingswodehoe.com

