

Health & Wellbeing Bulletin

Spring 2024

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Welcome to the Spring issue of your Mental Health & Wellbeing bulletin

As I write this, it's a very crisp morning in half term break, there are blue skies and the sun is shining. I love Spring, probably my most favourite season as the hedgerows begin to green up, the beautiful bulbs start to appear and it all starts to feel just a little bit brighter.

Our Trust continues to grow stronger and with Littleham Primary set to join us in April, we will then be 19 schools, wow! Our fantastic staffing teams still manage to get together to share best practice, valuable resources and expertise in many subjects across the curriculum, which only means the best for our children.

Enjoy the warmer weather as it gets closer each day, get out and about when you can to bring those serotonin levels to a high, making you feel happier inside.

Take Care everyone and look after each other – Sue

Random acts of kindness

- Call a friend you haven't spoken to in a while
- Send a letter to a grandparent
- Walk your friend's dog
- Help a friend get active
- Make someone laugh
- Send a text to a friend who is struggling
- Bake a cake for your colleagues
- Sign up for some voluntary work
- Get to know the new staff member
- Offer to cook for a friend or family member
- Give up your seat to an elderly, disabled or pregnant person
- Let someone jump the queue at the supermarket
- Pick up some rubbish in the street

Humour in the classroom to increase learning and lower stress

When facing increased stress levels at school, both pupils and teachers can benefit from using humour in the classroom. But what does it really look like, and how can you implement it without losing control and chaos descending?

Laughing with pupils can make everyone feel more connected, and research shows a positive relationship with the teacher creates a more positive learning environment. When pupils are relaxed, they are more likely to be engaged and receptive to being taught.

Introducing humour is simple. The important thing is to create an environment where pupils can create the humour themselves. That's where the magic happens. Fun in the classroom can help children develop social skills and build relationships with their peers.



Useful Apps for advice, guidance and resources

Goodreads:
Book Reviews

VoucherCodes:
Discounts, Deals and savings



Happy Color:
Colour by Number

Top tips for good sleep

Tech-free bedtime – be mindful of gadgets and electronic devices in the bedroom. Try to stop using them 2hrs before bedtime
Light, sound and temperature – Too much light and background noise can prevent you from falling asleep. Ensure the temperature is right for you

Foods that help or hinder – Avoid things high in sugar late in the day and of course caffeine just before bed

Time your exercise – earlier in the day is better to avoid increases in adrenaline production just before bed

No napping – Tempted to catch up on sleep by napping? Beware, this usually does more harm than good

Keep a sleep diary – Can be useful to look back on to see what does or doesn't work for you

Change, Loss and Bereavement

We have all been through times of change, and some of us have experienced loss of different types, including the profound loss experienced when someone close to us dies.

Change and loss can involve many things. During the coronavirus pandemic, all of us have been affected one way or another by changes. This may have been adjusting to the loss of not being able to go where we choose or coping with the loss in our income or job. The latter can in turn affect our identity.

How our minds and bodies react to bereavement

Whatever the loss, our mind and body will react to this change. Something or someone that was there before is no longer there. Something or someone we depended on as part of our lives has gone. There has been a change. This can shake our world, and how it does so, will depend on what has happened and what support we have in place to cope.

It is normal to have mixed feelings following change, loss, and bereavement

A few things that might help with change, loss and bereavement

- Allow yourself space to be with the feelings you are experiencing. Sometimes you may find it useful to talk with someone about your feelings, or sometimes you may just want to be alone with your feelings. There may also be times when writing down your feelings and thoughts is helpful too.
- For many people, the intensity of loss will diminish over time, but for others, it may not. It is important to work out how we remember the person who has died, and how we continue relating to their memory and what they meant to us
- With other types of loss the feelings are likely, in time, to pass or to change. It might help to acknowledge that this is a time of adjustment. Allow yourself to let go of the thought that 'everything will return to normal', because it may not, but in time you will find a 'new normal'.
- Look after yourself physically. Try to get a good night's sleep. Try to eat as healthily as possible. Include some daily exercise. Some people find meditation, prayer, mindfulness or just being out in nature helpful.
- Sometimes giving to others or an act of kindness can help you feel better. Consider volunteering, delivering groceries or calling someone who might live alone.
- Doing something that makes you feel good can often be a welcome distraction from thoughts and feelings that are challenging to shift. Try something new like drawing, making music, growing seeds, reading a book, or watching a movie with someone else.

Employee Assistance Programme (EAP) with Health Assured

Don't forget our confidential employee benefit designed to help you deal with personal and professional problems that could be affecting your home life or work life, health, and general wellbeing. 0800 028 0199

Recipe idea for you

Lemon Curd & Orange Cake – Perfect for elevenses or afternoon tea with a cuppa

Ingredients

170g soft salted butter
150g golden caster sugar
2 eggs
70g natural yoghurt
150g self-raising flour
2 tsp baking powder
50g ground almonds
Orange, zested
1 tbsp milk
3 tbsp lemon curd
20g flaked almonds
Lemon zest to decorate

Method

1. Heat oven to 180c/160c fan/gas 4
2. Butter a 1 litre loaf tin and line with baking paper
3. Put butter, sugar, eggs, yoghurt, flour, baking powder, ground almonds, orange zest, milk and one tbsp. of the lemon curd into a large bowl and whisk
4. In another small bowl, whisk the other 2 tbsp of lemon curd to loosen
5. Spoon half the batter into the prepared tin, dollop over the lemon curd and top with rest of batter
6. Scatter over flaked almonds and bake for 50mins, until risen and golden
7. Cool on a wire rack and scatter over lemon zest
Before slicing to enjoy



Best Board Games for:

Adults – Carcassonne
Rule-reading refusers – Ticket to Ride
The whole family – Taco, Cat, Goat, Cheese, Pizza
Stupid Fun – Throw Throw Burrito
Little Ones – Pigs on Trampolines
Breaking the ice – Herd Mentality
Groups – Codenames

Top 5 Classic Games

Monopoly
Scrabble
Guess Who?
Connect 4
Articulate

Inspiring Quote

"Promise me you'll always remember that you're braver than you believe, stronger than you seem, and smarter than you think." – *Christopher Robin from Winnie the Pooh*
