



Sibling Fun

Muntaha (2T) enjoyed painting and baking with her little brother.



Green-fingered Diard & Pars in their garden.



Michael & Jamie, enjoying water in the garden.



Past and present pupils, Mia & Teddy starting the day with a little fitness workout courtesy of Joe Wicks.

Easy Fundraising

We have signed up to Easy Fundraising in a bid to raise more funds for the school.

Register your details to help us when you do online shopping. Click or follow this link:

<https://www.easyfundraising.org.uk/causes/huntershallprim/>

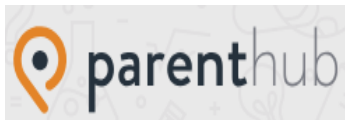
easyfundraising feel good shopping

Raise free funds for us every time you shop online

Find out more

Parent Hub

We would like all parents/carers to join us on Parent Hub.



Parent Hub is a FREE app that helps keep you up to date with what's going on at school. You'll receive messages, pictures, documents and newsletters, all in one handy place.

1. Download the Parent Hub app from your app store (iPhone or Android).
2. Create yourself an account.
3. Choose "Add a School" and enter:

@HuntersHallIPS

HOW TO MAINTAIN GOOD MENTAL WELLBEING DURING ISOLATION

WELLBEING IS ABOUT BEING ABLE TO EXPERIENCE GOOD HEALTH, HAPPINESS AND HIGH LIFE SATISFACTION, INCLUDING MANAGING YOUR STRESS. IT'S NOT ALWAYS EASY TO FIND THE RIGHT STRATEGIES TO ESTABLISH AND MAINTAIN YOUR WELLBEING. OFTEN THE MOST SUCCESSFUL METHODS ARE UNIQUE TO YOU AND ONES THAT CAN BE CONSISTENTLY APPLIED LIKE FOR INSTANCE, EVERY WEEK.

TOP TIPS FOR ALL

MINDSET & THOUGHTS

SOMETIMES WE CAN ONLY SEE THE PROBLEMS AND CHALLENGES. TRY TO TAKE A FEW MOMENTS EVERY DAY TO REFLECT, PERHAPS THROUGH WRITING IN A JOURNAL OR SPENDING FIVE MINUTES IN THE MORNING TO NOTICE SOMETHING WE CAN BE THANKFUL FOR AND FEEL POSITIVE ABOUT.

POSITIVE THOUGHTS

WHEN YOUR THOUGHTS ARE OVERWHELMINGLY NEGATIVE, WE CAN FIND IT HARD TO FIND HEADSPACE TO THINK POSITIVELY. TRY THIS... IMAGINE YOU ARE SAT ON TOP OF A HILL AND YOU ARE LOOKING DOWN AT A TRAIN TRACK BELOW WHERE TRAINS ARE COMING AND GOING. NOW IMAGINE THE TRAINS ARE YOUR THOUGHTS. WATCH THEM COME AND GO, BUT DON'T GET ON THE TRAIN. JUST WATCH THE THOUGHTS COME AND GO IN YOUR MIND WITHOUT ACTUALLY FOLLOWING THE NEGATIVE ONES DOWN AN UNHELPFUL/NEGATIVE TRACK JUST WATCH IT PASS!

EAT WELL

A 2014 STUDY FOUND HIGH LEVELS OF WELLBEING WERE REPORTED BY INDIVIDUALS WHO ATE MORE FRUIT AND VEGETABLES. THE KEY TO BALANCING EATING WELL WITH BUSY FAMILY LIFE IS TO PLAN AHEAD. IF YOU CAN PLAN THE WEEKDAY MEALS AND BUY THE INGREDIENTS AHEAD OF TIME THIS REDUCES THE NUMBER OF 'LAST MINUTE' UNHEALTHY MEALS.

DOING GOOD DOES YOU GOOD

THERE IS A STRONG RELATIONSHIP BETWEEN WELLBEING AND COMPASSION. DOING GOOD CAN HELP LOWER STRESS LEVELS AND IMPROVE YOUR WELLBEING AND MENTAL HEALTH. HOWEVER, THIS CAN ALSO WORK THE OTHER WAY AND YOU SHOULD ALWAYS ENSURE THAT YOU ARE NOT HELPING OTHERS AT THE COST OF YOUR OWN WELLBEING.

STAYING CONNECTED

HIGHER RATES OF MENTAL HEALTH PROBLEMS, SUCH AS DEPRESSION AND ANXIETY, ARE ASSOCIATED WITH LONELINESS AND SOCIAL ISOLATION. OFTEN SOCIALIZING WITH OTHERS CAN FEEL LIKE A LOT OF EFFORT IN THE EVENING WHEN WE'RE TIRED. HOWEVER, HEALTHY RELATIONSHIPS AND CONNECTIONS TO OTHERS HAVE A SIGNIFICANT IMPACT ON MAINTAINING GOOD WELLBEING. USING VIDEO CALLS, LIVE STREAMING OR 'FACE-TIMING' IS A GREAT WAY TO KEEP IN TOUCH WITH FRIENDS AND FAMILY IF YOU'RE FEELING ISOLATED. IF YOU PREFER CALLING, PICK UP THE PHONE FOR A CHAT. MAINTAINING GOOD RELATIONSHIPS HELPS TO SET A GOOD EXAMPLE FOR CHILDREN, AS THEY NOTICE AND IMITATE THE BEHAVIOUR AND EMOTIONS OF THOSE AROUND THEM.

KEEP PHYSICALLY ACTIVE

STUDIES SHOW THAT THERE IS APPROXIMATELY A 20-30% LOWER RISK OF DEPRESSION FOR ADULTS PARTICIPATING IN DAILY PHYSICAL ACTIVITY. TRY TO GO FOR A WALK DURING THE WEEK OR JOIN A CLASS OR LOCAL COMMUNITY GROUP. MANY PEOPLE FIND THAT JUST THE CONNECTION WITH THE OUTDOORS HELPS TO 'RESET' THEIR MIND AND WELLBEING FOR THE DAY.

GOOD QUALITY SLEEP

IF YOUR MIND FEELS FULL UP OR YOUR EMOTIONS ARE OVERWHELMING, YOU WILL FIND IT HARD TO ENJOY A GOOD NIGHT'S SLEEP. THERE ARE LOTS OF FREE MEDITATION AND SOOTHING SOUND VIDEOS ON YOUTUBE (WAVES, RAIN, CALMING MUSIC) OR FIND A PODCAST WHICH IS FUNNY OR HUMOROUS. WRITE YOUR THOUGHTS DOWN ON A PAD OR CREATE A 'TO DO' LIST. THEN PUT THE PAD OUT OF SIGHT UNTIL THE MORNING. DEEP BREATHING FOR AT LEAST 3 MINUTES CAN ALSO HELP. IN SLOWLY THROUGH YOUR NOSE AND OUT SLOWLY THROUGH YOUR MOUTH.

ACCEPTING HELP

WE MUST BE ABLE TO LEAN ON OTHERS WHEN NECESSARY. IT IS UNREASONABLE FOR US TO ASSUME WE WILL NEVER NEED HELP THROUGHOUT OUR LIFE. THIS MEANS ACCEPTING HELP WHICH MAY BE VOLUNTEERED OR ASKING WHEN THE NEED ARISES. THE HELP COULD BE THROUGH A FRIEND, RELATIVE OR SERVICE YOU TRUST, INCLUDING NATIONAL HELPLINES.

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL, INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



FOR FURTHER INFO, CHECK OUT THESE ONLINE RESOURCES:

- <https://www.nhs.uk>
- <https://www.mentalhealth.org.uk>
- <https://www.livewell.org.uk>
- <https://www.mentalhealth.org.uk>

Web: www.thenationalcollege.co.uk | Email: enquiries@thenationalcollege.co.uk | Facebook: [@thenationalcollege](https://www.facebook.com/thenationalcollege) | Twitter: [@thenatcollege](https://twitter.com/thenatcollege)

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Staying on Green

"I'm at home with 4 of my children. My eldest Isabelle helped me do a stay on green board and enjoyed doing it and is looking forward to going on gold 😊." Miss Suddell



Making Dolls

"Helloo Teachers,
We are missing you and we hope to
come back quickly to school."
Alex (3G) and Andrei (1HV).



Art Masterclass

Suhail (4R) very proud of his art
"masterpiece class" on Monday.



Home Learning



One of our
Year 6 pupils
studying
grammar,
punctuation
and spelling,
whilst eating
a nutritious
snack.
Whilst, Carla
(RC) is
learning
about space.



MyMaths

Teachers want to let the children know that MyMaths homework has been set.

If any child from Reception to Year 6 does not know their MyMaths login please email Mr Kaitell
mkaitell@hunters-hall.bardaglea.org.uk



Positives of singing

The neuroscience of singing shows that when we sing our neurotransmitters connect in new and different ways. It fires up the right temporal lobe of our brain, releasing endorphins that make us smarter, healthier, happier and more creative. When we sing with other people this effect is amplified.



<https://upliftconnect.com/neuroscience-of-singing/>

Physical Activity

Joe Wicks - The Body Coach Youtube channel

30-minute workout Monday - Friday at 9.00am for as long as schools are closed.

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

Premier Sport

Resource to help schools and parent's keep their children active.

Includes activities

focusing on

Physical / Wellbeing / Life skills in PDF format

<https://www.premier-education.com/stay-active/>

See separate email with letter for parents

Tenergy

A borough programme –

10 minutes of physical activity every day, anywhere anytime. Log on to the borough schools intranet or via <http://ngfl.bdcs.org.uk>

Click on GO 365, Health (in green) Get Active and then select video resources you would like:

Six Fitkid video works outs - easy to follow exercise to music routines

65 one minute energy blasts

Get Strong : the 101 Strength and Conditioning Games and Activities are

suitable for primary school pupils in years 5/6 and secondary aged pupils in years 7-11.

Tenergy+ resource pack of skipping; games; circuits and chairtastic cool down activities

Youth Sport Trust - Stay Home Stay Active

Fun Challenges and PE activities for school and home. Activity cards in PDF format.

<https://www.youthsporttrust.org/free-home-learning-resources-0>

Disney Shake Up Games | 10 Minute Shake Up | Change4Life

10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day!

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

BBC Super Movers

Fun curriculum linked resources to get everyone up and moving

<https://www.bbc.co.uk/teach/supermovers>

This Girl Can – Disney Dance Along (for boys too!)

This Girl Can is all about celebrating kids getting active, no matter how they like to do it.

Series of short dance routines - learn the moves or put your own spin on the routines.

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

School Website

We will continue to use our Parenthub and/or Twitter feed <https://twitter.com/Huntershallps> to communicate messages during the time that the school is closed to most pupils.

Home Learning plans, which are updated regularly, can be located here:

<http://www.huntershallprimary.org.uk/home-learning/489.html>