



The Nurture News Spreading Sunshine



Hi children,

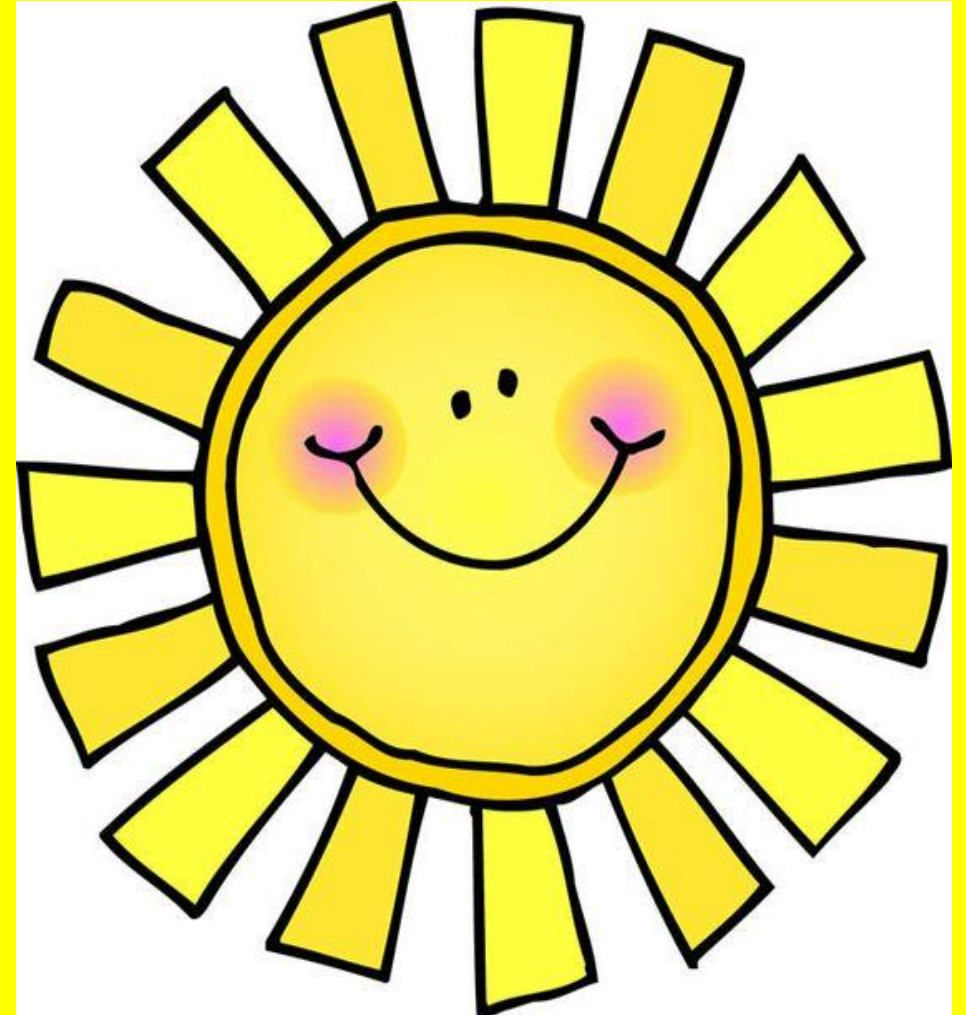
We hope you enjoy our first edition of the Nurture News. We know that things are a little bit different at the moment whilst you are all working hard and keeping safe at home but we still wanted to spread a little bit of sunshine and cheer.

We've included lots of interesting advice, activities and tips that we feel will keep you positive and motivated over the next few weeks. We would welcome any ideas that you would like to include in the next edition of Nurture News and would love to hear how you have got on with some of the suggestions and activities.

We miss you very much, are here if you need us and are looking forward to seeing you all very soon.



Lots of smiles and sunshine from
Mrs Worboys and Mrs McCormack



Mrs Worboy's Top Tips for Learning at Home

Eat well

Did you know breakfast is the most important meal of the day? Having a good breakfast will kickstart your day and boost your energy levels and attention ready for online learning.

A balanced diet, including lots of fruit and vegetables, will give your body the goodness it needs to grow a healthy brain.

Sleep well

Getting plenty of sleep and having a good night-time routine is important. Instead of looking at devices before you go to sleep, try reading or listening to music. This is much better for you and will help you to relax and have a good night's sleep.

Exercise

It is important to exercise everyday as it is good for your body and good for your mind. Go for a walk, or a run or see how many star jumps you can complete in one minute.

A Balanced Plate



Wellbeing Wednesday

Your teachers have loved seeing how hard you have been working but we recognise how important it is for you to also spend time at home doing the things that you enjoy and make you happy. It is for that reason we have decided to begin 'WELLBEING WEDNESDAYS'.

Your teachers will not be setting work for you to complete on Wednesday afternoons, instead your task is to spend time doing something you really enjoy and having a break from online learning.

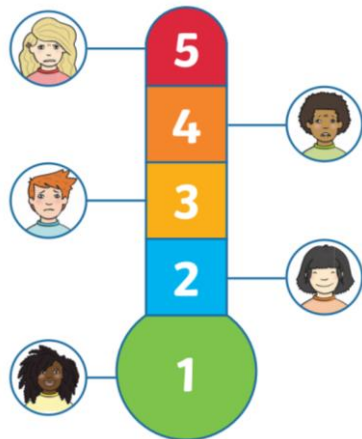
This might be colouring, baking, drawing, playing on your PlayStation, going for a walk (restrictions apply), reading or relaxing watching TV. Whatever you choose to do this will be your afternoon to relax and look after yourself.



Keeping a Happy Mind

Mental health can be thought of as a scale that can move up or down, a bit like a thermometer. We can move along the scale at any time, between being healthy or unwell.

It is important to talk about how we are feeling, especially as things are a little different at the moment. Expressing our different feelings helps us to recognise and manage them. It helps us recognise when we might need help with our feelings. Expressing feelings can help stop strong or intense feelings from taking over our minds and bodies.



How to Express your Feelings

If you find it hard to talk and express your feelings there are lots of ways you can do it. Why don't you try:

- Writing – diaries, poems, stories
 - Talking to others
- Acting, dancing and singing
 - Music

Sunshine Challenge: Can you create a poster, rap, poem or piece of writing about feelings that we can share on our next newsletter? Send them to admin@courtwood.org.uk We'd love to see them.



Try these two mindful breathing exercises if you ever find your feelings getting a little bit too much to handle.

Five Finger Breathing <https://www.youtube.com/watch?v=D>



Rainbow Breathing

<https://www.youtube.com/watch?v=O29e4rRMrV>



Mrs Cleaves' Book Recommendations

Reading is a great way to relax and help keep yourself feeling happy and calm. Audio books are also a lovely way to enjoy stories. Use this link to hear authors reading their stories online. [BooksForTopics: Storytime Online](#)



Here are my top book recommendations:

EYFS: Feelings Inside my Head and Heart by Libby Waldon

Key Stage 1: Hotel Flamingo: Carnival Caper by Alex Milway

Lower Key Stage 2: Return to Roar by Jenny McLachlan

Upper Key Stage 2: A Boy Called Hope by Lara Williamson

Mrs McCormack's Art Challenge



Hi children.

Art is a great way to keep your mind happy and healthy.

Have a go at completing this Art challenge and I'm sure with your amazing artistic talents you will be able to complete it and have some fun along the way. Click on the link below:

[Mrs McCormack Art Tutorial - Soul – YouTube](#)

All you will need is some paper and pencils or felt tip pens. Please share your designs on Twitter (@courtwoodschool) as I'd love to see them.

Mrs McCormack

Places to go to for Support and Advice:

Young Minds – <https://youngminds.org.uk/>

The BBC Newsround site has a comprehensive section on coronavirus <https://www.bbc.co.uk/newsround/51204456>

[ELSA Support](#) range of resources, games etc. to support different areas of mental health; anxiety, anger, emotions, mindfulness etc

<https://www.elsa-support.co.uk/category/free-resources/>

If you have any worries or concerns about your child's emotional behaviour or well-being, then please do not hesitate to contact the school via phone or at admin@courtwood.org.uk as there will be things we can do to help.