Helpful links! WFA is here for you...

Check out our website *www.westonfavellacademy.org* for helpful information for you and your family....



1. Start reading t book you've been me	hat vening to	7 play nostalgic music and just DANCE!		11. attempt to recreate a ridiculously extravagant		
2. Spring clean you 3. Do something cra a collage, do a puzzle 4. learn something	fty! make , press flo	inters 9. Call a love	s and vie ed one	baking recipe 12. do something nice for someone special 13. cross something off of your to-do-list		
5. make your favor and eat it in bed 6. declutter your wardrobe, and donate the clothes you		clf Co for AD	re	15 watch an interesting documentary about somethin g you'd like to learn		
don't use 26 Change your Ineets, take a bath and laydown to mawn 27. print out your Inverse pictures d wate a ploto album	nd 24 un make	t-home karaoke follow people whe you feel sad or indequate impething you	17. 4	more about ane a pampering day! allow a Bob koss painting utorial just for furn se your imagination' se your imagination		
18 try something omplesely new	enjoye	d as a child to grow your	Plan 19	se gour, build something, your dream vacation inte someone a letter		
29. digital detox 30. treat yourself to something	own h	terbs re a collaborative riagist with you ds/family	20.	where a three course our and nuite someone a care about		

	MONDAY In be taken from us		WEDNESDAY	2 Enjoy washing your hands.	FRIDAY 3 Write down ten things you	SATURDAY
the freedom to choose our attitude in any given			calm and stay	Remember all	feel grateful for	and boost your
set of circumstances" ~ Viktor Frankl			in contact	they do for you!	in life and why	immune system
5 Get active.	6 Contact a	7 Share what	8 Take five	9 Call a loved	10 Get good	11 Notice five
Even if you're	neighbour or	you are feeling	minutes to sit	one to catch up	sleep. No screens	things that are
stuck indoors,	friend and offer	and be willing to	still and breathe.	and really listen	before bed or	beautiful in the
move & stretch	to help them	ask for help	Repeat regularly	to them	when waking up	world around you
12 Immerse	13 Respond	14 Play a game	15 Make some	16 Rediscover	17 Learn	18 Find a fun
yourself in a new	positively to	that you enjoyed	progress on a	your favourite	something new	way to do an extra
book, TV show	everyone you	when you were	project that	music that really	or do something	15 minutes of
or podcast	interact with	younger	matters to γου	lifts your spirits	creative	physical activity
19 Do three	20 Make time	21 Send a	22 Find positive	23 Have a	24 Put your	25 Look for the
acts of kindness	for self-care. Do	letter or message	stories in the news	tech-free day.	worries into	good in others
to help others,	something kind	to someone you	and share these	Stop scrolling and	perspective and	and notice their
however small	for yourself	can't be with	with others	turn off the news	try to let them go	strengths
26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year	29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time	2	1





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WESTON FAVELL ACADEMY

Weston Favell Academy

Weston Favell Academy caters for pupils aged 11-18. The Principal is Lorna Leventhal Part of Greenwood Academies Trust.

IEALTHY EATING body image



no motter what happens,

## Where to find support

## **Online:**

www.asknormen.co.uk - a website with lots of mental health advice and information for young people in Northamptonshire. It's designed for everyone with an interest in the emotional wellbeing and mental health of children and young people in Northamptonshire with sections for young people, professionals and parents too.

www.youngminds.org.uk - website of Young Minds, the UK's only national charity committed to improving the mental health and emotional well-being of all children and young people

## Text:

Chat Health: For friendly, helpful advice. Text your school nurse 07507 329600

### Youth Counselling Services:

Service Six - 15 Sassoon Mews, Wellingborough Tel: 01933 277520 / 01933 273746 www.servicesix.co.uk

The Lowdown - 3 Kingswell Street, Northampton Tel: 01604 634385 www.thelowdown.info

Time2Talk - The Abbey, Market Square, Daventry Tel: 01327 706706 Text: 07765 210869 www.time2talk.org.uk

CHAT Youth Counselling - The Courthouse, Mill Road, Oundle Tel: 01832 274422 www.chatyouthcounselling.org.uk

#### Youth Works

(covering Kettering & Corby) Keystone Centre, 97 Rockingham Road, Kettering, NN16 9HX Tel: 01536 518339 www.youthworksnorthamptonshire.org.uk

To find out about other services that help to support children, young people and families in Northamptonshire contact the Families Information Service:

Tel: 01604 237935 E-mail: fis@northamptonshire.gov.uk







#### Everything will be better soon, just keep believing! UK Samaritans Tel: 116 123 samaritans.org email jo@samaritans.org Samaritans is available round the clock, every single day of the year. We provide a safe place for anyone struggling to cope Papyrus

HOPELINEUK – 0800 068 4141 papyrus-uk.org Worried about someone? Support for anyone under 35 experiencing thoughts of suicide, or anyone concerned that a young person may be experiencing thoughts of suicide.  $\nabla$ 



## You can also talk to staff on teams or school email...

Kooth.com Kooth.com is an online counselling service that provides vulnerable voung people, between the ages of 11 and 25, with advice and support for emotional or mental health problems

> YoungMinds Helpline: 0808 802 5544 **Parents information** service vounaminds.org.uk

SHOUT Text Shout to 85258 giveusashout.org Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Mind MindInfoline:

issues

0

0300 123 3393 The MindinfoLine offers thousands of callers confidential help on a range of mental health CALM 0800 58 58 58 mind.org.uk thecalmzone.net The Campaign Against Living Miserably (CALM) works to prevent male suicide and offers support services for any man who is struggling or in crisis. Send message



Reflections.... Am I ok?





When things are put under pressure and squeezed, their contents come out...



Just like when you squeeze a tomato sauce bottle, tomato sauce comes out. Sometimes what comes out when we are under pressure surprises us or the people we know.

At the moment, people are under pressure. What behaviours are you seeing come out?



Some people panic, stockpiling loo roll or other items, even though it may leave others short.



Some people don't acknowledge the rules we have been given and therefore don't follow guidelines about social distancing.

Some people get angry: they shout at others if they don't like what they see, they get stressed and can shout because they are anxious; they might feel desperate.



# Some people give kindness:

people going back into the NHS after retiring

offering to do the shopping for a neighbour

putting a leaflet through doors offering to help if people are self-isolating

offering to volunteer

offering resources for free



Captain Moore has already raised more than £26 million for NHS





Local shops have been giving away free 'coronavirus packs' to the elderly





Hundreds of bars of soap given to Dorset's NHS





## What acts of kindness have you seen of done?

# Some people get creative: Musican are performing online. Like Lady Gaga's At home

 Musican are performing online. Like Lady Gaga's At home together- WATCH

https://www.youtube.com/watch?v=cCNM706Iv8M

- actors are performing shows online
- <u>https://www.cirquedusoleil.com/cirqueconnect</u>
- online parties and dj sets are happening
- There are free tutorials, workouts, workshops, quiz's, competitions and clubs to join on social media...
- Check out our website for helpful links... <a href="https://www.westonfavellacademy.org/page/?title=Healthy+bo">https://www.westonfavellacademy.org/page/?title=Healthy+bo</a> </a>





www.westonfavellacademy.org



Some people see opportunity in the difficulty: they see what they can do, not just what they can't. They grab the chance to do things differently, to get into different routines and try new things.

# People are finding ways to do normal things in a different way.

# Some things to think about...

No one wants to be in this situation.

This isn't good for anyone BUT that doesn't mean we can't choose our attitude in it.



You can't control what's happening, but you CAN control your attitude. When you are under pressure, you can decide what comes

out.

"It will be okay in the end and if it's not okay, it's not the end." Such an inspiring message from Gemma Oaten on how this challenging time could be used by you to benefit you and those around you.