

# LIBRARY NEWSLETTER

20<sup>TH</sup> APRIL 2020, ISSUE 1

WORDS: MRS B  
DESIGN: MISS M



## THEME OF Mental Health THE WEEK

Dear Students,

Mind are a national charity with the goal of supporting and improving our mental health. They list nine things you can do to look after your well-being. Miss McMillan, Mrs Bond and Mrs Pope are the Librarians at DHS, CHHS and LCH, and in our first newsletter we've been thinking of ways we can help you achieve each of these nine things. We hope you enjoy, and look forward to sharing more information, ideas and resources in the next few weeks!

### GET CREATIVE

Mind suggest 'draw, paint, photograph, sing, dance or put on a play'. Why not take a photograph every day whilst we're out of school? Take a look at the website **expertphotography** - they have a 365 photo day challenge calendar! If drawing's more your thing, author Rob Biddulph is posting a new draw-along challenge on his website every Tuesday and Thursday at 10am. Your work could even be featured by Rob on social media, by asking a parent or carer to share your work using the **#DrawWithRob** hashtag!

### LEARN SOMETHING

At the moment, we have lots of time! Of course, you might want to spend some of that just having a rest (& that's fine) but it might help you to feel better if you tried learning something new. Mrs Bond (CHHS) is learning how to crochet; Miss McMillan (DHS) is practising her drawing! Maybe you could try cooking or baking, or a new language? **Duolingo** covers lots of different languages and is easy to use. **British Sign** are offering their online course for only £3. If you don't know how to touch type, you could learn that now! There are lots of free online tutorials. We like **typingclub**.

### BE ACTIVE

Almost 1 million households tuned into **Joe Wicks** delivering his PE lesson on YouTube this morning. He is doing one every Monday – Friday at 9AM. Mrs Bond (CHHS) tried it with her children and says "I can't think of a better way to start the day!" A good way to wind down at the end of the day is by practising some Yoga. **Yoga with Adriene** on YouTube has a dedicated Yoga for Teens routine which is excellent.

### EAT HEALTHILY

This will really depend on the ingredients you have at home, but now could be the time to try cooking & eating something new! Have a look at what you have in the cupboards first and ask an adult if you can use what you find. When choosing snacks, try and pick a healthy choice 2 times out of 3. Good sites for recipes include **BBC Good Food** where you can search for healthy recipes or by the ingredients you have. Also have a look at **SuperHealthyKids.com** which has tasty recipes that are not very difficult to prepare.

### GET ENOUGH SLEEP

It's always a great idea to practise good 'sleep hygiene', particularly when times are confusing or difficult. Try to keep to a routine: your body likes to go to bed and wake up at roughly the same time every day. Stop looking at screens about 30 minutes before you want to go to sleep. If you don't feel sleepy, try some gentle exercise like stretching or yoga. Some people enjoy relaxation apps like **CALM**, listening to music, or writing in a journal at the end of the day. We enjoy reading!

### HELP OTHERS

To Mrs Bond (CHHS), this is the most important one. It must seem difficult right now to think of ways to help other people - but there is so much you, as young people, can do! One thing we've seen a lot of on social media is people displaying rainbows in their windows. You are never too old or too cool to paint a rainbow and it will brighten up your local area! Phone your family, FaceTime your friends, send pictures of your ordinary day to people who love you. Stay in, and most of all, be kind to the people in your house.

### DO THINGS YOU ENJOY

It's not all school-work and self-improvement! Things might be difficult, but try and think of a creative way you can still get to do the things you enjoy. You might have to make some changes but with imagination and technology you should be able to find some joy!

### CONNECT WITH OTHERS

Now, more than ever, connecting with others is important – and will keep you feeling well. We're so lucky to have technology to keep in touch with our friends & family, although taking time for yourself is also okay! On author Pie Corbett's '**RadioBlogging**' website, daily radio shows are broadcast featuring interactive activities to encourage listeners to use their imaginations and play with words. If you've always wanted to hear yourself on the radio, now might be the time!

### RELAX

This is the time for you to really work out what helps you to relax! Kitchen Disco or chat with an old friend? A book you loved years ago or the latest TikTok dance? Miss McMillan (DHS) enjoys playing games! Knowing what works for you is the key to keeping well in your body and in your brain in the weeks ahead.