



**Bulphan**  
Church of England Academy



# Newsletter

Friday 29th January 2021

*God's Word is a lamp to guide our feet and a light for our path.  
Inspired by Psalm 119:105*

Dear Parents / Carers,

This week the Government announced that schools would not be returning to school after the February half term as initially planned. The Government stated that the earliest date that schools could possibly reopen is the Monday 8th March and that this date is dependant on the success of vaccinations, the capacity of the NHS and rates of infection. Of course we all want to see the children back in school, but want that to only happen when it is safe to do so. We will continue to support the children through our remote learning provision and as always are happy to help any way we can to support you.

Thank you all again for the superb level of engagement we have had with Remote Learning. We understand how challenging remote learning can be and are truly grateful for all of your hard work.

We hope that you are all now in a routine with remote learning that suits you and your family. We have been so impressed with the work being turned in and can see how hard you and the children have all been working.

We explained in our last newsletter that it is important to make remote learning work for you and to remember to be kind to yourselves.

With this in mind, next week is Children's Mental Health week 2021, the theme this year is **Express Yourself**. All of our learning next week will be focusing on this theme. We look forward to taking part in such an important event and hope you all find the week engaging.



The wellbeing of our children, families and staff is of high priority to us here at Bulphan. We will continue to support the whole school community in any way that we can so please do get in touch if you need any help at all.

Take care and stay safe everyone!

Miss Finch  
Headteacher

## Bulphan C of E Academy Well-being

As our vision states 'At Bulphan we celebrate the uniqueness of every child of God and encourage them to flourish and shine in all they do, preparing them for life's journey' – whether we are in the classroom or learning from home, we are in this together. We will continue to support the whole school community in any way that we can.

In order to do this during these unusual times, we have created this leaflet which offers ideas and suggestions linked to nurturing positive mental health and well-being. There is no expectation to complete these tasks, it is just an offer of support to anyone who may benefit.

### Five Ways to Wellbeing

The 'Five Ways to Wellbeing' approach is all about how **positive** actions can contribute to and boost feelings of **wellbeing**. Each of these **actions** will have a beneficial reaction!

We would love to hear how you're getting your 'Five a day' at home with your family!

Connect	Be active	Take Notice	Keep Learning	Give
<p>Making time to <b>talk</b> supports everyone's wellbeing.</p> <p>Connecting with people is both important and challenging at the moment.</p> <p>Online platforms are great! They enable us to see family and friends safely, as well as speaking on the phone.</p> <p>If your child can join their class Teams sessions each day, it really is beneficial to their wellbeing and learning.</p> <p>Remember, when connecting online to follow E-safety advice!</p>	<p>Current guidance indicates that everyone can go outside each day for a walk, cycle or run.</p> <p><b>Exercise</b>, of any sort, boosts endorphins. Regular physical activity also increases dopamine &amp; serotonin levels, boosting your happy hormones and making you feel good inside and out.</p> <p><b>Cosmic yoga</b> and <b>Joe Wicks</b> are great online workouts to suit all ages and abilities and they can be done in the safety of your home too.</p>	<p>Take some time out each day, when possible. Allow yourself time to notice your surroundings.</p> <p>How fortunate are we to have warm homes to remain safe inside!?</p> <p>Become aware of how you are feeling - this may change throughout the day. Listen to the sounds around you. What do you notice? Enjoy a mindful walk, <b>breathe</b> in some fresh air. Is the sun shining?</p> <p>Occasionally, slow down &amp; enjoy the simple things.</p> <p>Look for positives.</p>	<p>Children should be engaging with remote learning from home – teachers are providing this daily. Parents, please support this <u>when you can</u>.</p> <p><b>Learning</b> something new or improving a skill you already have will provide a sense of achievement!</p> <p>New Year's resolutions: set yourself a challenge &amp; enjoy the steps you take in attempting to master it. More than ever, there are also lots of free online courses to access which cover a range of activities.</p>	<p>Kindness is contagious!</p> <p>Bulphan children know how to be 'the light' and colour our world in love and <b>kindness</b>: we do this, together, often.</p> <p>Did you know that there are still simple ways that we can help others whilst following guidance? Could your family do something kind for a neighbour, thank a key worker or smile at a stranger? Perhaps check in on a friend or phone an elderly relative. Let us know if you complete any random acts of kindness.</p>

# Mindfulness



## Mindful Breathing

### Day 1 - Basic Mindful Breathing Exercise

Sit in a comfortable position, keeping your back straight so that it is not touching the back of your chair. It may be helpful to move to the front of your seat so that you can feel your sitting bones.



1. Close your eyes if you feel comfortable or soften your gaze and look at the floor.



2. Scan your body and notice how you feel.

3. Notice the sensations of each breath as it happens – don't try and control the breath, just notice it.

- Focus on the breath going into your nostrils and out through your mouth.
- Pay attention to the rise and fall of your chest.
- Notice the rise and fall of your belly as you breathe.
- Continue this for a few minutes.



4. If your mind wanders away from the breath notice this distraction and then gently bring your attention back to the feeling of the breath going in and out and your counting. Do not judge yourself, as the mind wandering is very natural.

5. After five minutes, take one more breath and feel your feet firmly on the ground. Notice the noises around you and come back to the here and now. When you're ready, gently open your eyes.



Joe Wicks is BACK! <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>  
Cosmic Yoga <https://www.youtube.com/user/CosmicKidsYoga>

## Happiness Chemicals and How to Hack Them

<p><b>DOPAMINE</b> THE REWARD CHEMICAL</p> <ul style="list-style-type: none"> <li>• Completing a task</li> <li>• Doing self-care activities</li> <li>• Eating food</li> <li>• Celebrating little wins</li> </ul>	<p><b>OXYTOCIN</b> THE LOVE HORMONE</p> <ul style="list-style-type: none"> <li>• Playing with a dog</li> <li>• Playing with a baby</li> <li>• Holding hands</li> <li>• Hugging your family</li> <li>• Giving a compliment</li> </ul>
<p><b>SERATONIN</b> THE MOOD STABILISER</p> <ul style="list-style-type: none"> <li>• Meditating</li> <li>• Running</li> <li>• Sun exposure</li> <li>• Walk in nature</li> <li>• Swimming</li> <li>• Cycling</li> </ul>	<p><b>ENDORPHIN</b> THE PAINKILLER</p> <ul style="list-style-type: none"> <li>• Laughter</li> <li>• Essential oils</li> <li>• Watch a comedy</li> <li>• Dark chocolate</li> <li>• Exercising</li> </ul>

**When it rains, it pours...  
 but soon, the sun shines  
 again.  
 Stay positive.  
 Better days are on the way!**