



Newsletter

The White Hills Park Trust

Issue 244- 3rd April 2020

Easter holidays - a time to pause and recharge

Today is the day that we come to the end of the spring term. At this point, students and teachers are normally looking forward to a well-earned break from school, our Year 11s and 13s will be ramping up their exam preparation and we would be getting ready for all of the summer term priorities – timetabling, Year 7 transition, staff recruitment and so on. Obviously, we're in a very different situation at the moment. To many people, next week will seem very similar to this one, and it easy to lose track of the passing of days and weeks when the familiar things that accompany our regular routine are no longer there.

However, the fact remains that we have reached the end of term, and given the enthusiasm and diligence with which the vast majority of students have approached the challenge of working from home, it is important that we recognise that a pause is sometimes needed. Our staff have done a remarkable job to set up a way of working that allows learning to continue as much as possible while are schools are physically closed, and our students (supported by the families) have responded remarkably well. After Easter, we hope to settle into some sort of a routine – it will be very different from the one we are used to, but we are well-prepared and keen to get started.

Our message is that we would very much like our students to approach this holiday as they normally would at this time of year – by all means use some of the time to catch up on work you have missed or take part in activities we have set up over the last few weeks, but we will not be setting new work at this time. This can be a time to look after and support members of the family, stay in touch with friends and relatives, follow up on the many suggestions for staying active and healthy at home, both physically and mentally, a time to relax and recharge batteries after an emotionally exhausting time.

One positive way of spending this time can be to read. We know that the busyness of life and the amount of distractions can be barriers, so this could be a really good occasion for young people to reconnect with the joy of reading, especially now that books are so readily available electronically. Ms Welch and the library team have put together a wonderful compendium of free online books from a range of sources. You will find it on our White Hills Park Trust Libraries page at library.whptrust.org

As our students read, we would be really pleased to hear of any book reviews that we could share to help others choose – please email them to news@whptrust.org (this is also the email for any suggested Newsletter items)

Aside from everything else, it is important to mark the fact that the Easter period is a very important time in the spiritual lives of many of our students and their families, and that this is a time when many people

have found that their religious faith has acquired even greater importance. To those families, I would like to wish you a happy and holy Easter week, and to all of our students and their families, I hope that you have a safe, happy and restful couple of weeks. Our next Newsletter will be published in three weeks time,

Stay safe.

Paul Heery
Chief Executive Officer

Stay at Home Silly Sock Day!

In recognition of World Autism Awareness Week and to support our partnership with [Autism East Midlands](#), staff and students of Alderman White School held an inaugural celebration virtually.

Every student has been encouraged to send their photographs in and every staff member attended their online teaching and learning briefing wearing their best socks to show support-as well as the occasional family member or pet.

If you wish to watch a fantastic new animation about Autism please go to : amazingthingshappen.tv

Mrs S Neal



Keeping Active Outdoors

As another week goes by being forced to stay at home, it is becoming even more important that we do as much as we can to keep a positive mental well being. The best way to do this is through exercise.

With the clocks going forward, and Spring finally here, the milder weather should be encouraging us to get into the garden. Whether you have a garden big enough to play sports in, or one where you can just about set up a mini circuit in the yard, we should all be trying to spend as much time as we can outside. There are other health benefits of being in the sun. When your skin is exposed to sunlight, it makes vitamin D from cholesterol. The sun's ultraviolet rays hit cholesterol in the skin cells, providing the energy for vitamin D synthesis to occur. Vitamin D is essential for strong, healthy bones. Obviously you should wear suntan lotion so as not to burn.

There are other ways of getting exercise in the garden without playing sport or doing a HIT workout. How about painting the fences, or mowing the lawn? Maybe the flower beds need digging and the weeds need pulling out? Asking your parents if you can help in the garden will score you brownie points with them as well as benefiting you emotionally and physically.

Happy Spring everyone!

Miss A Kilbane

Rainbows are starting to appear

Students at Bramcote College have started to send in their photographic rainbow collages, and here are just a couple spanning our age range from Year 7 to Year 11. The rainbows challenge is going to keep running over Easter, so get snapping and send in your collages showing 9 colours of the rainbow.



Miss J Cooper

Making the most of your pets

While staying at home on a school day may seem odd to most of us, it's pretty much business as usual for your pets. In this week's BC student newsletter there was a link giving advice on how to get some great shots of your pets. So far, the cat owners seem to be winning in the race to take the most photos... so if you have an unusual pet, or just a particularly gorgeous one that you want to share with us, have a go at using different camera angles and positions, as well as close ups to capture your pet's best qualities.

Entries for both of these projects can still be sent to photos@whptrust.org

Miss J Cooper



Letter Writing Scheme: The Wainman Trust

One of our parents has been in touch this week and works for [The Wainman Trust](#), a charity that runs friendship groups for the over 60s. Due to the Covid-19 outbreak, The Wainman Trust has unfortunately had to close their friendship groups for older people. They have 70 members, many of these people live alone and currently have very little contact with other people. During this time of isolation, the charity are running a letter writing scheme, and it's hoped that with your help each of the members could receive at least one letter.

If you or your child would be willing to write to one of the members, please email wainmantrust@yahoo.com to sign up today, and they will be in touch with more details.



'Together'@ CLIFTON
A friendship group for the over 60s

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Bramcote College
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AldermanWhite
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BC6F WHPTrust



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Wellbeing & Activity

We appreciate that it can be challenging to remain active at this time, so we are working with local and national partners to compile the best high quality resources and ideas. You'll notice that many of the current ideas are aimed at primary aged pupils, so we'd love to hear your thoughts on what you'd like to see for older age groups...

The links and images below will direct you to the relevant online sections, and for anyone without internet access, we'd be happy to answer calls, or to send out information and resources by post. Please do also contact us if you'd like specific support or advice.

We'll also be helping to launch a full county-wide campaign from the 20th April.

www.broxtoweactiveschools.co.uk/active



We'd love to hear any ideas you have, or if you've taken on any of our challenges:

#broxtoweactive #broxtowechallenge #stayhomestayactive

Click the images below for more info:

Why should we be active?



Personal challenges



Yoga with Geoff & Cora



Ideas & Resources



5 Ways to Wellbeing at home



Connect

Connecting with other people is important because it

- Helps you build a sense of belonging and self-worth
- Gives you an opportunity to share your experiences
- Provides emotional support and allow you to support others

Stay connected with friends, family, old friends and neighbours using video calls and positive online communities. Talk about your worries and reach out if you need help.



Be Active

Being active is not only great for your physical health and fitness but evidence also shows that it improves your mental wellbeing by

- Raising your self-esteem
- Helping you to set goals or challenges and achieve them
- Causes chemical changes in your brain which can help to positively change your mood

Look after your body with healthy food and plenty of water and get plenty of sleep. Avoid smoking and drinking too much alcohol. Walk, run or cycle in your local area every day. Take part in online exercise/workouts/yoga programmes, do some gardening.



Keep Learning

Research shows that learning new skills can improve your wellbeing by

- Boosting self-confidence and self-esteem
- Helping you build a sense of purpose
- Setting a challenge that you enjoy achieving
- Doing something creative and fun

For example, use the internet or connect with friends to learn how to cook something new, fix a bike, start a new hobby like painting or knitting, learn a language, learn to play an instrument, read a book, write a story.



Take Notice

Paying attention to the present moment can improve your mental wellbeing by changing the way you feel about things and how you approach challenges.

Be curious, notice the beautiful, be aware of your feelings, reflect on your day. Find ways of keeping calm. Explore mindfulness.



Give

Research suggests that acts of kindness can help improve your mental health by

- Creating positive feelings and a sense of reward
- Giving you a feeling of purpose and self-worth
- Helping you connect with other people

For example, say "Thank you", ask "How are you?" offer to get some shopping for a neighbour, give someone a letter or draw them a picture, check in on friends and family. Find out helpful information for someone.

Poem: And people stayed home

A poem, sent into us by Bramcote College's Mrs Bosworth.

*And people stayed home
and read books and listened
and rested and exercised
and made art and played
and learned new ways of being
and stopped
and listened deeper
someone meditated
someone prayed
someone danced
someone met their shadow
and people began to think differently
and people healed
and in the absence of people who lived in ignorant ways,
dangerous, meaningless and heartless,
even the earth began to heal
and when the danger ended
and people found each other
grieved for the dead people
and they made new choices
and dreamed of new visions
and created new ways of life
and healed the earth completely
just as they were healed themselves.*

Kitty O'Meara

BE SMART ONLINE

S SAFE Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

M MEET Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information - or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk

A ACCEPTING Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

R RELIABLE You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

T TELL Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline - 0800 11 11 or www.childline.org.uk

BE SMART WITH A HEART
Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

WWW.CHILDNET.COM