



Luddendenfoot Academy Newsletter

“Be all you can be”

NEWSLETTER – w/c 01.02.21

In supporting children to become active citizens the development of their character is key. As a school community we have identified six character traits that are important to us and that we want to develop in our children in order to prepare them for adult life and support them in becoming active citizens.

Which are: Motivation; Integrity; Respect; Reflective; Open Mindedness; Resilience, that we believe will enable pupils to become active citizens.

Respect

Why is respect important to us?

Receiving respect from others is important because it helps us to feel safe and to express ourselves. Being respected by important people in our lives growing up teaches us how to be respectful toward others.

... Respect in your relationships builds feelings of trust, safety, and well-being.

How can you show respect at home?

- Be thoughtful of others' feelings. ...
- Use manners and always be polite. ...
- Listen to and encourage each other's opinions. Listening to what another person has to say is a basic way to **respect** them.

M I R R O R - What do you see when you look in the MIRROR?

E-safety tip: Remember to take regular breaks when working on a screen. Safe Internet Day is on the 9th February. We will be sending out activities, tips and e-safety messages via class dojo, as well as encouraging a screen free afternoon.

Wellbeing Tip

Well-being tip - make sure that you go to bed and wake up at similar times. This helps to keep your body clock in a regular pattern. It's a good idea for weekends and holidays as well as school days.

MIRROR Honour Awards 05.02.21

	<i>Pupil</i>	<i>For Characteristic trait</i>
Rec	Edmund W-C	Resilience
Y1	Autumn G	Resilience
Y2	Beatrix K	Reflective
Y3	Ollie W Holly B	Integrity Reflective
Y4	Eva K	Integrity
Y5	Archie H	Open minded
Y6	Heidi K	Integrity

Free School Meals

If you feel you may be eligible for FSM please complete the application form at [Freeschoolmeals/calderdale.gov.uk](https://www.freeschoolmeals/calderdale.gov.uk) . If your child is in Rec/Y1/Y2 – they receive the Universal Infant Free School Meal when attending school, but you may be eligible for Free School Meals dependant on your circumstances. If you are awarded FSM you will receive FSM vouchers during school closure.

Half-Term: 15th – 19th February

The DfE has confirmed that schools will close as usual over the February half-term and are not expected to remain open to vulnerable children and the children of critical workers during that week. The Childcare and Sufficiency team is available should any parents need advice about available registered childcare
fis@calderdale.gov.uk

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Calderdale Libraries

The Library Service have made a short film to show children and their families how easy it is to join Calderdale Libraries and to access all our free books. Link for the film can be found at: https://youtu.be/pvEHn4i_qmQ

Joining the library is FREE, it doesn't cost any money and we have an abundance of eBook, eAudio books, eMagazines & comics available to enjoy.

It's also FREE to print homework in Calderdale Libraries; families can email documents through to one of the following libraries and we will let them know when it's ready to collect.

CentralLibraryOpsTeam@calderdale.gov.uk

hebdenbridge.library@calderdale.gov.uk

kingcross.library@calderdale.gov.uk

tomorden.library@calderdale.gov.uk

We love working with children & families and look forward to doing so again. However, for now our Rhymetimes, Storytimes & Craft Sessions are taking place virtually on our social media pages. Go to our Calderdale Libraries Facebook page to find out more about upcoming events.



Thanks for all of our lovely pictures you shared with teachers as part of Dress to Express day, they really enjoyed seeing them on Class Dojo.

Please forward pictures to: luddfootacademy@gmail.com



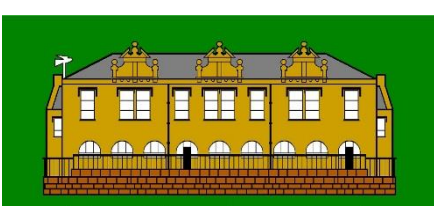
Home Learning – Questionnaire

Thank you to those who have already completed and submitted the home learning questionnaire. We value your replies and opinions, which will help us identify how we might improve our offer. We would be grateful if questionnaires could be submitted by **Friday 12th February**. See link below: Thank You.

https://docs.google.com/forms/d/e/1FAIpQLSc3HS1wKFEKDCxe7bMbKkFsjl-vcemmjUd68BNHLO_PStABQ/viewform?usp=sf_link

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HOW TO MAINTAIN GOOD MENTAL WELLBEING DURING ISOLATION

WELLBEING IS ABOUT BEING ABLE TO EXPERIENCE GOOD HEALTH, HAPPINESS AND HIGH LIFE SATISFACTION. INCLUDING MANAGING YOUR STRESS. IT'S NOT ALWAYS EASY TO FIND THE RIGHT STRATEGIES TO ESTABLISH AND MAINTAIN YOUR WELLBEING. OFTEN THE MOST SUCCESSFUL METHODS ARE THOSE THAT CAN BE CONSISTENTLY APPLIED LIKE FOR INSTANCE, EATING WELL.

TOP TIPS FOR ALL

MINDSET & THOUGHTS

SOMETIMES WE CAN ONLY SEE THE PROBLEMS AND CHALLENGES. TRY TO TAKE A FEW MOMENTS EVERY DAY TO REFLECT. PERHAPS THROUGH WRITING IN A JOURNAL OR SPENDING FIVE MINUTES IN THE MORNING TO NOTICE SOMETHING WE CAN BE THANKFUL FOR AND FEEL POSITIVE ABOUT.



KEEP PHYSICALLY ACTIVE

STUDIES SHOW THAT THERE IS APPROXIMATELY A 20-30% LOWER RISK OF DEPRESSION FOR ADULTS PARTICIPATING IN DAILY PHYSICAL ACTIVITY. TRY TO GO FOR A WALK DURING THE WEEK OR JOIN A CLASS OR LOCAL COMMUNITY GROUP. MANY PEOPLE FIND THAT JUST THE CONNECTION WITH THE OUTDOORS HELPS TO 'RESET' THEIR MIND AND WELLBEING FOR THE DAY.



POSITIVE THOUGHTS

WHEN YOUR THOUGHTS ARE OVERWHELMINGLY NEGATIVE, WE CAN FIND IT HARD TO FIND HEADSPACE TO THINK POSITIVELY. TRY THIS... IMAGINE YOU ARE SAT ON TOP OF A HILL AND YOU ARE LOOKING DOWN AT A TRAIN TRACK BELOW WHERE TRAINS ARE COMING AND GOING. NOW IMAGINE THE TRAINS ARE YOUR THOUGHTS. WATCH THEM COME AND GO, BUT DON'T GET ON THE TRAIN. JUST WATCH THE THOUGHTS COME AND GO IN YOUR MIND WITHOUT ACTUALLY FOLLOWING THE NEGATIVE ONES DOWN AN UNHELPFUL/NEGATIVE TRACK. JUST WATCH IT PASS!



GOOD QUALITY SLEEP

IF YOUR MIND FEELS FULL UP OR YOUR EMOTIONS ARE OVERWHELMING YOU WILL FIND IT HARD TO ENJOY A GOOD NIGHT'S SLEEP. THERE ARE LOTS OF FREE MEDITATION AND SLEEPING SOUND VIDEOS ON YOUTUBE (WAVES, RAIN, CALMING MUSIC) OR FIND A PODCAST WHICH IS FUNNY OR HUMOROUS. WRITE YOUR THOUGHTS DOWN ON A PAD OR CREATE A 'TO DO' LIST. THEN PUT THE PAD OUT OF SIGHT UNTIL THE MORNING. DEEP BREATHING FOR AT LEAST 3 MINUTES CAN ALSO HELP. IN SLOWLY THROUGH YOUR NOSE AND OUT SLOWLY THROUGH YOUR MOUTH.

ZZZZ

EAT WELL

A 2014 STUDY FOUND HIGH LEVELS OF WELLBEING WERE REPORTED BY INDIVIDUALS WHO ATE MORE FRUIT AND VEGETABLES. THE KEY TO BALANCING EATING WELL WITH BUSY FAMILY LIFE IS TO PLAN AHEAD. IF YOU CAN PLAN WEEKDAY MEALS AND BUY THE INGREDIENTS AHEAD OF TIME THIS REDUCES THE NUMBER OF 'LAST MINUTE' UNHEALTHY MEALS.



ACCEPTING HELP

WE MUST BE ABLE TO LEAN ON OTHERS WHEN NECESSARY. IT IS UNREASONABLE FOR US TO ASSUME WE WILL NEVER NEED HELP THROUGHOUT OUR LIFE. THIS MEANS ACCEPTING HELP WHICH MAY BE VOLUNTEERED OR ASKING WHEN THE NEED ARISES. THE HELP COULD BE THROUGH A FRIEND, RELATIVE OR SERVICE YOU TRUST, INCLUDING NATIONAL HELPLINES.



DOING GOOD DOES YOU GOOD

THERE IS A STRONG RELATIONSHIP BETWEEN WELLBEING AND COMPASSION. DOING GOOD CAN HELP LOWER STRESS LEVELS AND IMPROVE YOUR WELLBEING AND MENTAL HEALTH. HOWEVER, THIS CAN ALSO WORK THE OTHER WAY AND YOU SHOULD ALWAYS ENSURE THAT YOU ARE NOT HELPING OTHERS AT THE COST OF YOUR OWN WELLBEING.



STAYING CONNECTED

HIGHER RATES OF MENTAL HEALTH PROBLEMS SUCH AS DEPRESSION AND ANXIETY, ARE ASSOCIATED WITH LONELINESS AND SOCIAL ISOLATION. OFTEN SOCIALISING WITH OTHERS CAN FEEL LIKE A LOT OF EFFORT IN THE EVENING WHEN WE'RE TIRED. HOWEVER, HEALTHY RELATIONSHIPS AND CONNECTIONS TO OTHERS HAVE A SIGNIFICANT IMPACT ON MAINTAINING GOOD WELLBEING. USING VIDEO CALL, LIVE STREAMING OR 'FACE-TIMING' IS A GREAT WAY TO KEEP IN TOUCH WITH FRIENDS AND FAMILY IF YOU'RE FEELING ISOLATED. IF YOU PREFER CALLING, PICK UP THE PHONE FOR A CHAT. MAINTAINING GOOD RELATIONSHIPS HELPS TO SET A GOOD EXAMPLE FOR CHILDREN, AS THEY NOTICE AND IMITATE THE BEHAVIOUR AND EMOTIONS OF THOSE AROUND THEM.





MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL, INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



FOR FURTHER INFO, CHECK OUT THESE ONLINE RESOURCES:

- <https://www.nhs.uk>
- <https://www.nadhelth.org.uk>
- <https://www.bng.org.uk>
- <https://www.nadhelth.org.uk>

