

Following on from our first Health and Wellbeing newsletter you will be aware that as a school incredibly fortunate to be working directly with Mind. If you would like to discuss any aspect of Mental Health you can email: WSA_Bilton@cwmind.org.uk or check out their website: cwmind.org.uk

What are you doing to keep yourself entertained in the new normal?

The Character and Culture Team have a number of favourites.

Positive Stories

Care home plays giant Kerplunk

They set the game up with items found around the home, and it worked really well! Read more here:

<https://www.standard.co.uk/news/uk/care-home-playing-kerplunk-coronavirus-lockdown-a4404946.html> Have you done anything similar ?

Characters visit communities across the UK

People all over the UK have been dressing up and walking around their local area in character to bring smiles to the faces of their neighbours. There have been superheroes, Disney characters and animals wandering around towns and villages, waving at residents and bringing some joy to communities. Read more here <https://www.northamptonchron.co.uk/news/people/superheroes-and-dinosaurs-take-streets-northampton-put-smiles-faces-during-lockdown-2527171> Has this happened in your community ?

What are you doing to keep the community positive and yourselves entertained? We'd love to hear your stories and share your photos with our school community. Please send to office@biltonmail.com.

Don't forget there are fact sheets in the well being section of the Bilton Website to support you at this time. An issue that is affecting many:

Coronavirus Financial Help and Rights.

Martin Lewis' website: <https://www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/> has clear guidance re financial help and rights, covering sick pay, mortgages, rental help, train refunds and more, energy top-ups and more. Information on this website is updated regularly to help and support in what is anxious and upsetting time.

You will have also heard in the news how reports of domestic violence have risen by 25 %

<https://www.independent.co.uk/news/uk/home-news/coronavirus-uk-domestic-abuse-helpline-lockdown-isolation-a9449236.html>

Anyone who is worried about a loved one, or about isolating with a perpetrator, can contact the National Domestic Abuse Helpline on 0808 2000 247 or online.

Favourite site of the week

<https://www.scouts.org.uk/the-great-indoors/>

The scouts have pulled together 100s inspired indoor activity ideas to keep kids entertained while schools are closed due to coronavirus. Keep your kids learning new skills and having fun (and avoid hearing 'I'm bored' every 30 seconds) all in #TheGreatIndoors.

Stay safe and enjoy the Easter break from Bilton's Character and Culture Team

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