

Now in our 6th week of lockdown with our Prime minister back at number 10 healthy and well with a new baby we are seeing restrictions being lifted across the world. To protect loved ones and the NHS we must all ensure that we continue to follow government guidelines and not become lax however tempting it may be. Sadly, there are always people who will break the rules and makes things more difficult for others but the vast majority of us are doing our best and on the whole are okay considering how life has changed in the last two months.

Remember if you are struggling -support is available. To discuss any aspect of Mental Health you can email: [WSA\\_Bilton@cwmind.org.uk](mailto:WSA_Bilton@cwmind.org.uk) or check out their website: [cwmind.org.uk](http://cwmind.org.uk)

### Positive Stories

<https://www.positive.news/lifestyle/health/projects-offering-therapy-frontline-healthcare-workers/>

There are many of you who either work as front-line health care workers or know people who do. There are projects offering free therapy through several initiative's designed to help key workers cope during the pandemic

### Favourite site of the week

<https://artsandculture.google.com>

Have you discovered the above website yet? Also available as an app you can visit art galleries, perhaps climb Kilimanjaro. The options are endless.

### Resources to help you and your family

Mind have created a children and young people's survival kit, which includes signposting information for both local and national organisations that can provide support/information on mental health and wellbeing:

<https://cwmind.org.uk/information-centre-for-young-people/>

Set up primarily for young people and their carers has useful exercises, links and information provided by National Mind and Coventry and Warwickshire Mind.

### Wellbeing Challenge

Each week (whilst in lock down) the character and culture team will be setting a wellbeing challenge for you to complete from items you have in your own home. There will be a weekly winner/s who will receive vouchers. Entries must be sent to [Louise.Ansell@biltonmail.com](mailto:Louise.Ansell@biltonmail.com)

The entries for the create a decoration with items from your house to celebrate VE day on Friday 8th May were incredibly imaginative. Newspapers, bottle tops and toilet rolls are certainly being viewed differently in lock down. We do hope that the individual who painted their face with acrylic paint has actually managed to get it off!

In first place was the Andrews family with a VE wreath made from toilet rolls and a coat hanger.

And in joint 2nd place: Angel Upstone-Wells (year 7) who created a beautiful flag and Frank Potter (year 7) who made some newspaper paper boats as a table centrepiece and four party hats for his family and two for his cats. What made Frank's entry even more special was that his Grandad taught him how to papercraft before the lockdown.



1st place

All individuals/families will receive an amazon voucher shortly. These will be sent to Bilton school email addresses.

### Challenge for week commencing the 11th May

#### Bilton Lockdown Bake Off.

Simply take a picture of your bake and email it to [louise.ansell@biltonmail.com](mailto:louise.ansell@biltonmail.com). Use your imagination. Have fun!



Entries must be submitted by 12 noon on Monday 11th May to [Louise.ansell@biltonmail.com](mailto:Louise.ansell@biltonmail.com)

Stay safe from the Character and Culture Team

[Louise.Ansell@biltonmail.com](mailto:Louise.Ansell@biltonmail.com) / [Claire.Francis@biltonmail.com](mailto:Claire.Francis@biltonmail.com)

