

In our 11th week of lockdown we are finding that our routines and minds have changed and that the world as we know it is very different. A semblance of normality will return on the 15th of June but our world will be very different.

Protecting our mental health is going to be central to us coping with and recovering from the coronavirus pandemic - with the psychological and social impacts likely to outlast the physical symptoms of the virus. Please do look at the links provided this week to support yourself, your loved ones and members of your community.

Giving your mind something to focus on

During lockdown, many of us have turned to our green spaces, gardens and balconies as a place of refuge. We might be confined to our homes, but it's the beauty of nature around us that has become a lifeline in these challenging times.

At Bilton you may be aware that the Pastoral Care Team have been helping some of Bilton's students with a practical way of learning and engaging.

Some of our students may not have the opportunity or access to grow fruit and vegetables and at Bilton we wanted to give them that chance during the lockdown - "Bilton; Growing Together".

"Bilton; Growing Together" - aims to support students' mental well-being, encourage outdoor activity, promote research skills, engage an interest in the world around us, promote science links and provide a sense of achievement.

Identified students have received an initial box with a supply of compost, pots, seeds and a selection of vegetable plants (tomatoes, aubergines, potatoes, radish, beetroot) to sow and nurture. We have also supplied some instructions, but they will have to do some research for themselves too. As the season goes on they have received further plants to add to their "garden" collection.

Students who are in school have now started #Bilton: Growing Together in school with our own garden. They have been busy planting plants and vegetables. We will also be seeding one to the areas with Wildflower Seeds to grow a habitat to attract insects and butterflies.



People within the community have donated compost, pots, fruit and vegetable plants, seeds and herbs. If you would like to donate any gardening resources please contact gaynor.Davy@biltonmail.com

Sunflower seeds have been sent out to Year 7 and Year 8 students to join in with #Bilton: Growing Together - Sunflower Challenge. We look forward to seeing your efforts



As they grow and produce a flower, measure them each week and send a photo to Thomas.Glegham@biltonmail.com



Favourite site of the week

Do you have a number of foodstuffs and no idea what to cook? [supercook.com](https://www.supercook.com)

Allows you add all your food stuffs that you have in to the app or website and it comes up with recipe suggestions.

Resources to help you and your family

For the most up to date government advice re coronavirus:

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

Warwickshire produce a service newsletter

[Family Information Service newsletter](#)

Warwickshire's Family Information Service is available to help families, parents, carers and professionals with advice and one-to-one support on issues including family relationships, housing, parenting support, health and wellbeing and much more. Click on the link below for further information:

<https://mailchi.mp/warwickshire/family-information-service-newsletter-information-on-covid-1190532?e=1775539138>

Parents Helpline: If you are a parent who needs advice about your child's mental health you can contact the Parents Helpline directly on 0808 802 between 9:30am-4pm

YoungMinds Crisis Messenger:

If you are a young person experiencing a mental health crisis you can text YM to 85258 for free 24/7 support

The Young Minds website is here: <https://youngminds.org.uk/>

Anxiety for children and adults about Covid-19 is real. Help and support is available at:

<https://www.anxietyuk.org.uk/get-help/anxiety-information/>

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

We were really impressed by the entries for #toilerrollchallenge

Winner: Weronika Modzelewska in Year 7

Next challenge

What have you grown/ created in your outside space?
#gardeningchallenge

We look forward to seeing your entries. Please ensure that your entries are labelled #gardeningchallenge

And submitted to Louise.ansell@biltonmail.com by 12.30 on 15th June

