



February Edition 2022

Hi everyone, Rufus here! I've been out and about around school, visiting classes and seeing some fantastic learning taking place.

My mum takes me down to the field for a run at the start and end of the day too and last week I saw the students enjoying rugby club. I wanted to join in as I love rugby (Northampton Saints) but my Mum said I had to play over the other side of the field as I wasn't on the team.

I went to art club but my Mum didn't understand that Art isn't my thing and I can't join in. Then I remembered that I run reading with Rufus in the LRC every Monday morning and that's great so I'm happy being part of something. There are loads of clubs happening around the school so make sure you find out what's going on. You can learn a new skill, meet new friends and most importantly have fun!

Don't forget it is Valentine's Day soon so remember, dogs love a card too. I don't think I'll send any as Mum has to go out and buy them and there are so many people out there that I would send a card to. I think I'll just run up to them and give the old tail a wag to keep them happy. Half term is just around the corner so I hope you all enjoy the break and look after yourselves. Be kind.

Rufus



Comforting a Friend in Need...

Words fail us all sometimes. We feel unprepared, unsure about what to say and instead of honestly acknowledging that, feel that we should say something to make things right. Here is how to give comfort and mean it:

What to do

Put yourself in the other person's place. What would make you feel better? Probably just a kind smile, a warm hug and simply saying 'I'm sorry'. Even just suggesting a walk together can be helpful!

What not to do

Do not try to offer advice, unless you have been through something similar. Your friend needs someone to listen and know that their pain is acknowledged more than they need words of wisdom. Everyone experiences things in their own way.



Random Acts of Kindness Day

Thursday 17th February 2022

Random Acts of Kindness Week

Monday 14th February to Friday 19th February 2022

#MakeKindnessTheNorm #RandomActsofKindnessDay #RAKDay

February Action for Happiness

Friendly February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Send a message to let someone know you're thinking of them	 2 Ask a friend how they have been feeling recently	 3 Do an act of kindness to make life easier for someone	 4 Organise a virtual 'tea break' with a colleague or friend	 5 Make time to have a friendly chat with a neighbour	 6 Get back in touch with an old friend you've not seen for a while	
7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day
14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun
21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them
28 Give positive comments to as many people as possible today	    					

Happier · Kinder · Together

Resolutions or Evolution?

January is usually a time for a new start or new beginnings. It is a time when we think about implementing changes to our lives otherwise known as New Year resolutions. For many these start with all good intentions and yet never see past February so what about thinking of it in a different way.

Do we simply take one small matter and focus solely on bringing that to fruition no matter what the cost? Or do we strive to evolve, grow and change with every passing year, experience and breath?

Instead of a fixed resolution, perhaps set an intention. Choose a word that can encompass the journey you wish to take through the new year. This could be to heal, learn, nurture, grow or develop. Whatever your word or intention you decide to set, use it like a candle, to light the way in times of uncertainty allowing you to connect to your inner light.

As you start on this journey remember that, the light may flicker at times, but it will always guide you back.

Embracing Mindfulness



Silent Walking Exercise

At some point today, take ten minutes or longer to walk silently. You can do this indoors or outdoors. Remain Silent throughout the entire walk so you can hear what your mind is producing.

As your attention is drawn to particular objects or sounds in your environment, to your thoughts and feelings, to sensations in your body, call them out by saying "car, car, car." If you start to feel stress in your body, say "stress" three times.

Notice what happens when you do this. Continue to label everything and repeat as you notice.

YoungMinds Textline

Text YM to 85258



Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis. All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.



This year's Children's Mental Health Week theme is Growing Together!

We will be encouraging children (and adults) to consider how they have grown, and how they can help others to grow.

There are some free resources to help you take part in the week. All of the ideas can be adapted for home-schooling, online lessons or independent learning. Visit www.childrensmentalhealthweek.org.uk/

Tips to Boost Your Mood

- 1 Sleep.** Chemicals are released in our brain which helps manage mood and emotion
- 2 Be kind.** Helping a friend or a stranger can be a great way to give yourself a positive boost
- 3 Get active.** Chemicals are released in our brain which helps manage mood and emotion
- 4 Eat well.** Try to eat a balanced diet, without the good minerals our mood is affected
- 5 Stay social.** Avoid spending long periods of time alone. Connect with those in your household
- 6 Manage Stress.** Talk to somebody if you feel stressed, ignoring this will make it worse
- 7 Have Fun.** It is really important to make time to do the things you enjoy the most to improve your wellbeing
- 8 Unhealthy Habits.** Avoid drinking alcohol and smoking, they have a negative impact on our wellbeing

Low Carbohydrate Snacks

The foods below contain very little / no carbohydrate and therefore have very little effect on blood sugars.

Cherry tomatoes	Baby sweetcorn	Seeds
Cucumber	Carrots	Mini Babybels
Olives	Radishes	Cheese strings
Salad	Pickled onions	Cold meat
Celery sticks	Gherkin	Salami sausage
Peppers	Nuts	Sugar-free jelly

Five top tips for self-care to help you feel better if you've had coronavirus

NHS



Always follow advice given by your healthcare professional



Drink water to keep hydrated



Eat well - little and often helps, include protein at each meal



Set realistic recovery goals



Connect with family, friends, carers, healthcare professionals

Diversity at Wildern

At Wildern, we try to include diversity in our curriculum, especially in humanity subjects. For instance, in MSS, we look at topics such as sexuality, mental health and racism. In PE, some classes are doing sports from different countries, and in food tech you can learn to cook foreign foods.

Support

Mental health can cause problems for everyone, but those with LGBTQ+ identities may have extra challenges.

If you need support, try LGBTQ+ mental health support or LGBT Foundation - Wellbeing Tools & Resources.

You can also use our wellbeing hub on the school website.

Events

Chinese New Year - 01/02/22
Spring festival celebrating Chinese new year.

Lent - 02/03/22
6 weeks leading up to Easter.

Maha Shivaratri - 01/03/22
Hindu festival celebrated in honour of god Shiva.

LGBT History Month - 01/02/22
Observance of lesbian, gay, bisexual, transgender history.

Diversity in the news

John and Johannes, the first male finalists on Strictly Come Dancing!

Josh Cavallo, an Australian footballer who recently came out as gay.

Kamala Harris, the first female Vice President of colour.

From our Student Diversity Focus Group



KINDNESS
is a gift
everyone can
afford to give.

UNKNOWN

Lets Bake!

Easy Jam Tarts

Bake these easy jam tarts and they'll instantly become a family favourite – plus, you can make them in less than half-an-hour if you use ready-made pastry.



Ingredients

- 250g plain flour
- 125g butter, chilled and diced
- 1 medium egg
- 1 vanilla pod, seeds scraped
- 100g jam, fruit curd or marmalade

Method

1. Put the flour, butter and a pinch of salt in a bowl and rub them together with your fingertips (or you can pulse these ingredients together in a food processor if you have one). When the mixture looks and feels like fresh breadcrumbs, stir in the egg and vanilla seeds, if using, with a cutlery knife. Add 1 tbsp cold water, then start to bring the dough together in one lump with your hands – try not to knead it too much. Add 1 more tbsp of water if it's not coming together, but try not to add more than that. Wrap in cling film and chill in the fridge for 30 mins.
2. Heat oven to 200C/180C fan/gas 6. Butter a 12-hole tart tin, then dust your work surface with flour. Unwrap and roll out the chilled pastry so it's about the thickness of a £1 coin, then use a straight or fluted round cutter to cut out 12 circles, big enough to line the holes in the tin. Dollop 1-2 tsp of your chosen filling into each one and, if you like, cut out little pastry hearts (perfect for Valentine's Day) and pop them on top.
3. Bake for 15-18 mins/until golden and the filling is starting to bubble a little. Leave to cool in the tin for a few mins then carefully transfer to a wire rack to cool completely.

Recipe adapted from BBC Good Food

We are committed to promoting and protecting emotional wellbeing and mental health in our whole school community.

Visit the Wellbeing Hub on the Wildern School website to find support and advice



www.wildern.org/mental-health-and-wellbeing/