

NEWSLETTER

Regular news updates from All Saints School, Lessingham

Wellbeing for Adults

When you are caring for someone else, **you can find that you think a lot about their wellbeing and not about your own.** It's important to take care of your own physical health and mental health, including getting enough sleep, eating regularly and doing things you enjoy or find relaxing. The NHS suggests using the 5 ways to wellbeing. Last week the children were exploring each of the categories – try to take some time to do this for yourselves and hopefully you will have as much fun as we had last week.

Five ways to wellbeing

1. Connect

Staying in touch with others enables you to share positive experiences and support each other

2. Move

Being active is important for your physical and mental health – it releases endorphins that help to put you in a good mood!

3. Learn

Have new experiences, challenge yourself and gain new skills – you'll have fun, boost your confidence and improve your CV!

4. Give

Helping others can give you a sense of purpose and achievement as well as being a chance to meet new people

5. Focus

Being present and taking time for self-care is really important in the busy world we live in



We all know that things are tough at the moment and the world at times feels hard to manage, please do reach out for support – we at school will do all we can to help and below we have listed a number of organisations that can help too:

Norfolk Assistance Scheme (NAS)

The Norfolk Assistance Scheme (NAS) helps people who are in financial hardship and cannot pay their living costs. There are many reasons why this might happen to you:

- Redundancy
- Work hours have been cut
- On a low income or benefits
- Waiting for Universal Credit payments
- A home emergency such a fire or flood
- Have a special educational need or disability
- Have mental health issues or in ill health
- Have left an abusive relationship
- Have dependent children
- In a resettlement scheme

If you are eligible, we can:

- * Provide emergency financial help
- * Supply essential household goods and furniture
- * Give support, guidance and advice

Norfolk 
Assistance Scheme

<https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme>



We're Norfolk and Waveney Mind, the mental health charity that believes no one should have to face a mental health problem alone.

<https://www.norfolkandwaveneymind.org.uk/>

1 in 7 people in Norfolk live with depression or anxiety

1 in 3 GP visits are associated with a mental health issue

We are here for you!



<https://www.wellbeingnands.co.uk/norfolk/>



Norfolk Community Advice Network

Do you need advice?

A specially recruited team of staff will answer your calls and emails.

The helpline number is 0333 996 8333 and the email is helpline@ncan.co.uk.

Our opening hours are 10am-4pm Mon-Fri.

If nobody is available to answer your call, or you phone outside these hours, you can leave a voicemail and someone will get back to you.

<https://ncan.co.uk/>

Numbers to contact for help

Ms Dangerfield: 07879 875925

Miss Paffett: 07733 417296

Norfolk children's support line:

Text 07480 635060 or call 0344 800 8029

Childline online: <https://www.childline.org.uk> Or by phone (anytime) 0800 1111



Wellbeing week

Monday 21st– Friday 25th November

Student
Feedback

“I really enjoyed the tie-dye, it was great to use my old PE top for something i’ve never done before” Eternity, Year 7

“At Hautbois it was nice to learn how to plant things and for somewhere for the small animals to stay safe and to take shelter.

In a couple of years time it will be nice to see how much the hedge has changed...it will bring back memories from our time at All Saints and doing something for the community” Millie & Daisy, Year 8

“I’ve enjoyed all of the activities this week they really were enjoyable” Connor, year 7

“Drama with Mrs Jones was great fun as we all came together as one group, which we don’t often get the chance to do” Cameron, Year 9

“One of my favourite activities was dodgeball because it was exhilarating and it was good for improving reactions and getting our muscles working. The clay making was really relaxing” Fraser, Year 9



Tie-dye
printing

*"I found this great fun as it was something different,"
Millie Year 8*



Clay modelling



"I really loved the clay modelling because I love making things. Dodgeball, tie-dye and Hautbois were good fun too" Caleb, Year 11



Clay modelling

"Mixing the colours together for my clay was interesting"
Hollie, Year 10



"I really loved making things with the clay" Daisy, Year 8





"The planting has been my favourite because I loved being out in the rain" Paige, Year 10





Hedge planting at

HAUTBOIS
ACTIVITY CENTRE

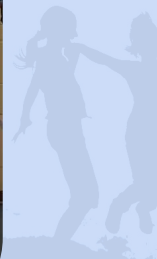
The rain didn't stop us from having fun!





Cooking

*"Cooking is my favourite at home and at school now. I do also love the fun swim we have today"
Kasper, Juniors*



"I really liked trying the breakfast bars we made - I rated mine 6/10. My family also enjoyed trying them"
Taylor, Year 10



Cooking

"I really liked the cooking we did, it was nice to taste what we had made. I liked the calm space because it was really relaxing"
Ruby, Year 6



"Dodgeball, I really liked this because it helps to build teamwork and a team spirit"

Cameron, Year 9



Dodgeball!

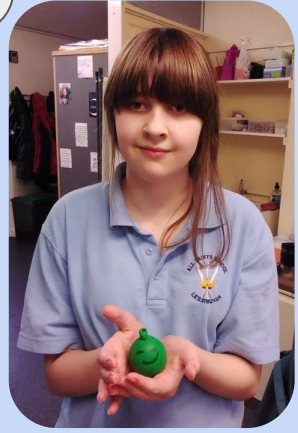


"What did I enjoy the most this week....Dodgeball, it was fun" Sam, Year 11



As part of wellbeing week students engaged brilliantly in a day of dodgeball, lots of fun was had and students showed great teamwork and sporting spirit. Mr Morton

Stress
ball
making

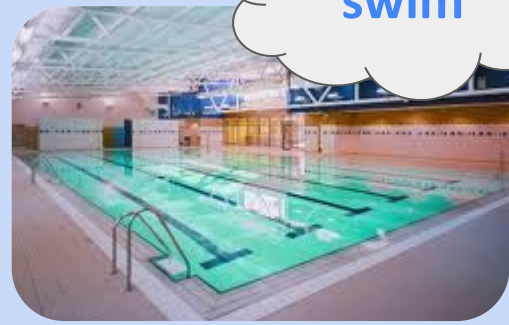


Drama

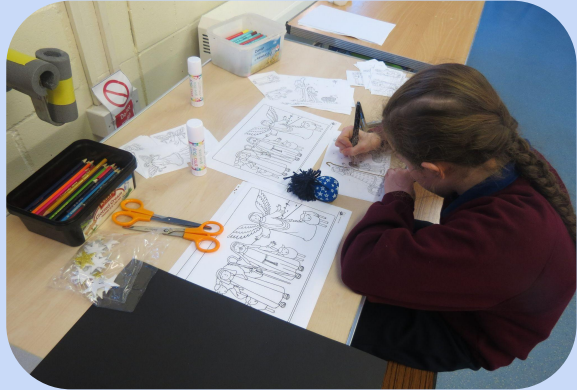
All about
pets



Fun
swim



A Calm Space



"I loved the tie-dye, Mrs Urry is a really nice teacher. A calm space I have really liked it helped me to regulate my feelings. The food we made was good and I really enjoyed digging at Hautbois" Jack, Year 6



Thankfulness Board.....


Julia and
Mike
Mum & Dad
Daniel!

I am thankful for.....
My family, friends, my this
school, my guinea pig, my
house, everything I own.

Getting into this
School.
Danny

A Calm
Space

I am thankful for
Joining this school.
Hollie

Thank you for
my family and
my friends and
Love From
Terrel
X  X

my parents
- Alistair

I AM THANKFUL
FOR THEATRE
ALL WAY TO THE
WORLD HELPING
MILLIONS OF PEOPLE
EVERY DAY WITH
THEIR HEARTS
- Mollie G

I am
Thankfulness
to my firm
friend and
the school
Milla

I'm grateful
that I live
in a house

I'm thankful for
my school for
parents and my
pets. Joel

Thankfulness Board.....



I am thankful
for my mum

I am Thankfulness
forever in my
heart word :)

I am grateful for
my dog ☆

all my animals
Ruby LC

I am thankful
for my family
my dog and
All Saints
- Cameron

I am Thankfulness
my friends and the
school and the kind
kinds of people in the school

I'm thankful
for my
Horse ♡
GB

I am
thankful for
the care
& skill of
the N.H.S.





Wellbeing week

Monday 21st– Friday 25th November

Student
Feedback

“My favourite activities are in this order - fun swim, calm space, tie-dye, dodgeball and clay - they have all been really good to do”

Tayler, Year 6

“I loved them all because it has been fun to have different things to do and you can do them at home too”

Ana, Juniors

“Dodgeball was the best” Nikita, Year 11

“I love swimming and I really loved the cooking, they were yummy and my nanny had some” Daniel, Juniors

“I really liked being creative with the tie-dye”

Jess, Year 10

“My top activities have been clay making as I love making things with my hands. Dodgeball was great fun and I really enjoyed the tie-dye and planting at Hautbois,” Caleb, Year 11