



# Wellbeing - Did You Know?

## LATERAL FLOW TESTING KITS

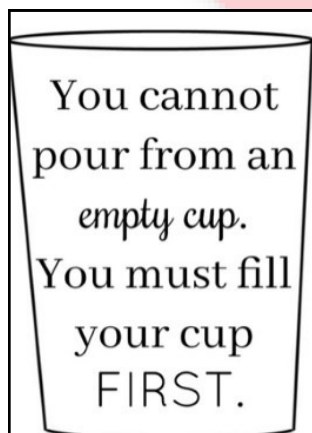
School based staff are now provided with test kits to test weekly whether or not they have corona virus. These tests are taken voluntarily at home and take 30 minutes before the final result is determined. The intention of these kits is to help stop the spread of the virus within communities wherever possible. Whilst we will continue to do all we can to reduce the risk of the virus the kits themselves do not replace the many control measures we have worked hard to uphold since the reopening of schools.

### Self-Care & Mental Health

#### Tips for Kids

- Share your own feelings to encourage self-awareness.
- Set aside time for low stress or solo activities.
- Find social groups that help them feel like they belong.
- Recognize toxic stress events.
- Encourage journaling and writing.
- Focus on articulating feelings. "I am angry." "I am sad."
- Practice self-care for yourself to set the standard.
- Encourage them to focus on the moment.
- Cultivate interests and hobbies.
- Establish a self-care routine.
- Blessing Manifesting

*Sometimes we don't even know what we need to know until we know it.*



Your Choice Nutrition

## Pouring From an Empty Cup

Parent: A job that requires your attention 24/7. A job that requires you to give your all to someone else. A non-stop ride of emotion; pure joy, pride, anger, frustration, embarrassment. A job that requires self-care.

The saying goes, "You can't pour from an empty cup." When parenting you are constantly needed, and it can drain you physically and emotionally. Sure, the kids go to bed at night, but many of us use that time to catch up on chores. You need to practice a little self TLC on a weekly, if not daily basis. Self-care is not selfish, it is necessary to keep yourself going!

*"To be a good parent, you need to take care of yourself so that you can have the physical and emotional energy to take care of your family." - Michelle Obama*

# Wellbeing Bingo

Have a go at playing wellbeing bingo and see if you can find people to play with you or try it later with your friends and/or family

In the past week I have...

<p>Sung in the shower</p> 	<p>Played with a furry friend</p> 	<p>Had a good sleep</p> 	<p>Spent some time with my family/friends</p> 
<p>Listened to my favourite tune</p> 	<p>Read a good book</p> 	<p>Watched a great movie/TV show</p> 	<p>Eaten something delicious</p> 
<p>Done some exercise</p> 	<p>Stayed hydrated</p> 	<p>Drawn a picture</p> 	<p>Laughed until my cheeks hurt</p> 
<p>Spent some time in a park</p> 	<p>Danced</p> 	<p>Treated myself</p> 	<p>Visited somewhere new</p> 

