



# KCC Wellbeing Newsletter Issue 3

Article 24 (health and health services)  
Every child has the right to the best possible health. Governments must provide good quality health care, clean environment and education on health and well-being so that children can stay healthy.

Welcome to the KCC wellbeing newsletter. We are all having to adapt to a new way of living, working, learning and being. We want to make sure we can continue to support your wellbeing while we are not at school. So each week we will select a wellbeing focus with some tips for how to take care of yourself. This week is Mental Health Awareness Week. Each May the Mental Health Foundation choose a campaign focus and this year the focus is kindness. So this weeks KCC well-being newsletter will be based on the Mental Health Awareness Week campaign. We think that 'Kindness' is the perfect focus for these times.

## What is Mental Health Awareness Week?

Mental health problems can affect anyone, at anytime so the Mental Health Foundation aim to raise awareness of these issues and how help can be accessed by everyone. Since the first Mental Health Awareness Week in 2001, topics like body image, stress and relationships have been covered. Hundreds of schools, businesses and communities have started conversations around mental health that can change and even save lives. The campaign reaches millions of people every year. At KCC we are committed to the well-being of our school community and proud to be one of the schools across the country taking part in in this campaign.



## Why is kindness the 2020 focus?

One thing that we have seen all over the world is that kindness is prevailing in uncertain times. We have learnt that amid the fear, there is also community, support and hope.

The added benefit of helping others is that it is good for our own mental health and wellbeing. It can help reduce stress and improve emotional well-being.



Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and enable you to get the most out of life.

Kindness links to the 5 ways to mental well-being.

This year the aim of the campaign is to get the nation talking about kindness and mental health. During the week, the idea is for us to carry out or reflect on an act of kindness. Take a photo or video (with permission!) and you can email them to us. You can also share your ideas on how you think we could build a kinder society that would support our mental health.

Remember to be kind yourself too – stay active, eat well, keep to a routine, get a good nights sleep, stay hydrated and take a break!

## 5 minute acts of kindness

There is something so special about taking the time to *intentionally* do something nice for someone else. You can make a positive difference in someone else's life today.

These are some really simple but valuable acts of kindness and most can be done in less than five minutes.

- Text a positive thoughtful message to a friend or relative
- Make or bring someone in your house a treat – it can be as simple as making a cup of tea!
- Write someone a note, whether to make them laugh or to make them feel special, it is such a nice surprise.
- Tell someone just how important they are to you
- Do something to help in the house without being asked – giving the gift of your time to help out even in the smallest way can really make a difference to someone's day



## Top tips for being kind

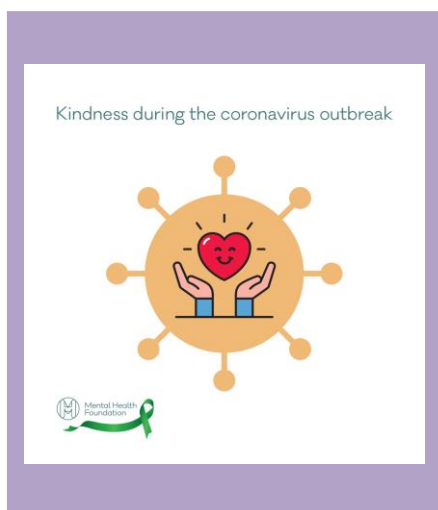
- Give a smile
- Give your time
- Give a compliment
- Be present - listen with care
- Say please and thank you
- Before you act think 'Is this kind?'



# KCC Wellbeing Newsletter

## Ways to spread kindness in coronavirus times


We need to distance ourselves, but that doesn't mean we can't help each other. During difficult times, we often see the most beautiful acts of kindness. If you're home and looking for things to do to keep busy, here are some ideas. We all need to take care of ourselves and each other (without risking contagion). Kindness is a powerful tool. Let's use it.



**#KitchenTableKindness**



- Make a card or picture and send it to someone you know
- Donate to a foodbank or online charity - if you can
- Get in contact with a local care home and arrange to send a letter or card to one of the residents
- Make a poster to say thank you to key workers
- Email or send a thank you to someone who has helped you


Offer to skill share with a friend via video call - you could teach guitar, dance etc.

We would love to share and celebrate the incredible acts of kindness that we know are taking place with members of our school community who are going over and above to make a positive difference to others. Let us know what you do this week or have already done so that we can shine a spotlight on the wonderful ways that kindness is being shown all around us.  
You can send in your act of kindness to [Lorien.joyce@kingsbridgecollege.org.uk](mailto:Lorien.joyce@kingsbridgecollege.org.uk)

[The Mental Health foundation have a range of resources and guidance for how to look after your mental health during during the coronavirus outbreak. Please follow the link below for more information.](https://www.mentalhealth.org.uk/coronavirus)

<https://www.mentalhealth.org.uk/coronavirus>

This is a new service from Devon Young People's Service (SPACE) aimed at young people who are currently not known to them and who may be feeling isolated or need support during this current time.

Call Back Offer  
Chat with a Youth Worker by phone or text

Are you 13 or over?  
Would you like to speak to one of our youth workers via text or a call-back?

All you have to do is fill in this form which is also available on our website:  
<https://spacepsm.org/>

## Accessing support

- Anxiety UK - 0844 475 774  
[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)
- Childline - 0800 1111 24 hours a day. Confidential advice for children and young people.  
[www.childline.org.uk](http://www.childline.org.uk)
- Relate - 0300 100 1234 Relationship support for all ages.  
<https://www.relate.org.uk/>
- Samaritans - 116. Confidential support for people experiencing feelings of distress or despair  
<https://www.samaritans.org/>
- YoungMinds - 0808 802 5544 9.30am - 4pm Monday to Friday. Committed to improving the emotional wellbeing and mental health of children and young people.  
[www.youngminds.org.uk](http://www.youngminds.org.uk)
- Kooth- provider of online mental health services for children, young people and adults  
<https://www.kooth.com/>

