

# BEVIN WELLBEING BULLETIN FOR FAMILIES

Monday 25<sup>th</sup> May 2020



## TIPS FOR FAMILIES

1. Stay connected with friends
2. Avoid information overload
3. Take control
4. Get lots of sleep
5. Eat & drink healthily
6. Plan your time
7. Share and talk
8. Keep active
9. Dealing with difficult times
10. Try something new



## MENTAL HEALTH AWARENESS WEEK



This week's Wellbeing Bulletin focuses on Mental Health Awareness Week which highlights and celebrates the role kindness plays in supporting positive mental health. [Mental Health Awareness Week \(18-24 May\)](#) focuses on the power and potential of kindness to improve the Mental Health of all during these very challenging times. [\(click link to watch a very short introductory video\)](#)

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*Kindness is defined by doing something towards yourself and others, motivated by genuine desire to make a positive difference*

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## WHY IS KINDNESS SO IMPORTANT FOR OUR MENTAL HEALTH?

Kindness has been chosen because of its ability to unlock our shared humanity. Kindness strengthens relationships, develops community and deepens solidarity (togetherness). It is a cornerstone of our individual and collective mental health. Wisdom from every culture across history recognises that kindness is something that all human beings need to experience and practise to be fully alive.

Common sense and extensive research show that kindness and our mental health are deeply connected.

## The research shows that kindness:

1. Is an antidote to isolation
2. Creates a sense of belonging
3. Helps reduce stress
4. Deepens friendships
5. Makes us feel good about ourselves and boosts our self-esteem.
6. Improves feelings of self-confidence and optimism

## CELEBRATING KINDNESS

We challenge the Ernest Bevin community:

1. To be kinder to ourselves,
2. To try to do small acts of kindness to others,
3. To shine a light on the ways that kindness is already flowering at this difficult time.

We want to spread and celebrate kindness in every part of the Ernest Bevin community and beyond.

### Do we need courage to be more kind?

Yes, acts of kindness can be risky endeavours emotionally. It can risk us feeling foolish or being taken advantage of. This is why we sometimes retreat and miss out on its positive power for all.

[Read Ntale's story of challenges of kindness growing up in South London](#)

We must remember, to receive or to give kindness is an act of courage but the benefits are enormous. We want to use **Mental Health Awareness Week** to support each other to take that brave step and harness the benefits for both giver and receiver.

*Good Luck, Stay Safe and be Kind.*

This weekly wellbeing information aims to help you through. This week we would like you send in the acts of kindness you have undertaken or received. We would also like to post any notes of appreciation you would like to share during these challenging times so we can appreciate together. Send them via [wellbeing@ernestbevin.london](mailto:wellbeing@ernestbevin.london)

### Contact Us

[wellbeing@ernestbevin.london](mailto:wellbeing@ernestbevin.london)

Mr N. McCarthy,

Vulnerable Pupil Lead

DOING  
GOOD  
DOES YOU  
GOOD

Evidence shows that helping others can have a positive effect on your own mental health and wellbeing.



### ACTS OF KINDNESS CHALLENGE (Remembering social distancing)

1. Tell your family members how much you love and appreciate them
2. Write a handwritten thank you note to someone in your family
3. Help with household chores
4. Call a friend or relative to check in on them.
5. Post a card or letter to someone you are out of touch with
6. Spend time doing something that others in the family enjoy
7. Make someone a cup of tea, breakfast or help them cook a meal
8. Start school work or go to bed without being reminded.
9. Smile at a passer-by and say "good morning/afternoon" to a neighbour.
10. Say please and thank you in a shop or when using a bus
11. Talk and share the nice things you see and hear people doing.
12. Praise people who help you and your family.

*How many can you do now and in the future?*

## TRY SOMETHING NEW – Can you use this time at home to learn or try something totally new?

<p><a href="#">Childnet International</a> film competition. The challenge is to create a 2 minute film on the theme of 'We want an internet where we're free to...' All the details, instructions and support materials can be found <a href="#">here</a>.</p>	<p><a href="#">Mind Travels</a> writing competition. The challenge is to write no more than 500 words on the theme of 'If you could go absolutely anywhere, where would that be and why?' All details and entry form can be found <a href="#">here</a>. Use <a href="#">Map Crunch</a> for inspiring, random street views from around the world.</p>
<p><a href="#">Into Film</a> are looking for young people to create short films about nature and the outside world in their local area. This <a href="#">new competition</a> is hoping that you can take a fresh and creative look at our surroundings and to reflect on whether the impact of the lockdown has been positive or negative on our neighbourhoods. For all of the details, including the excellent prizes up for grabs, click <a href="#">here</a>.</p>	<p><a href="#">The Red Cross</a> have created the <a href="#">Power of Kindness calendar</a> to help young people learn about and carry out kind acts. You can watch the introductory video and download the resources for this activity <a href="#">here</a>. This is a great project to be involved with as the Red Cross themselves say, "in these difficult times one thing is clear: small acts of kindness make a big difference."</p>

## FURTHER INFORMATION

If you need further information or help during this challenging time more advice and information can be found on the college website:

<https://ernestbevin.london/index.php/parents/about-2/college-closure-resources/>

### Mental Health Awareness

[www.mentalhealth.org.uk/campaigns/mental-health-awareness-week](http://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week)

### Anna Freud Centre

[www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/](http://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/)

### STEM4

[www.stem4.org.uk/resources/](http://www.stem4.org.uk/resources/)

## SHARE YOUR TIPS

Please share, Acts of kindness received or undertaken, Wellbeing thoughts, advice, stay at home activities and ideas can be shared via [wellbeing@ernestbevin.london](mailto:wellbeing@ernestbevin.london)

## CAPTION COMPETITION

Send your ideas to [wellbeing@ernestbevin.london](mailto:wellbeing@ernestbevin.london)

