



Halewood Academy | NEWSLETTER

Dear parents and carers

WB | MONDAY | 13th | DECEMBER 2021

What an amazing term! We are so thankful to all of our amazing staff for all of their hard work throughout this academic year. Their commitment and drive really has provided some exceptional opportunities for our young people. Although we are entering into the break a little uncertain of what the national picture will look like in January, you can be sure that our staff will do everything that they can to continue to provide an excellent education upon our return.

Year	Testing date	Remote learning available on	Return to school date
7	Tuesday 04/01/22 Between 9am – 11:30am	Tuesday 04/01/22	Wednesday 05/01/22 (before 8:45am)
8	Wednesday 05/01/22 Between 8:45am – 10:30am	Tuesday 04/01/22 Wednesday 05/01/22	Thursday 06/01/22 (before 8:45am)
9	Wednesday 05/01/22 Between 10:30 – 12:15am	Tuesday 04/01/22 Wednesday 05/01/22	Thursday 06/01/22 (before 8:45am)
10	Wednesday 05/01/22 Between 1:00 – 2:45pm	Tuesday 04/01/22 Wednesday 05/01/22	Thursday 06/01/22 (before 8:45am)
11	Tuesday 04/01/22 Between 12:15 – 2:45pm	Tuesday 04/01/22	Wednesday 05/01/22 (before 8:45am)

Currently, as I shared with parents last week, we plan on providing a staggered return to allow testing for each year group where consent has been given. A reminder of the provision over the first few days of the term is below:

More information, including exact form group testing times, can be found on our

website: <https://www.halewoodacademy.co.uk/> Please continue to check the website over the break in case of any government changes to the January return.

On Thursday 16th December we held our annual Christmas Jumper day and our Christmas Lunch. I have to say that I was very impressed with the number of brilliant Christmas jumpers worn by both students and staff. The donations collected are being given to the **YoungMinds** charity, as chosen by our student body. Here are some of the staff Christmas Jumper highlights. I will leave you to judge who is the winner!

Thank you to all of our parents and carers for your support this term. We are wishing you all a happy and healthy break. We will see you in 2022!

Tracey Rollings
Principal



This Week:

Principals Letter

Numeracy Challenge

Word of the Week

Thankful Thursday

Humanities Club

Safeguarding

HA Christmas Raffle

HA Christmas Jumper Day

Testing Information

Shoe Box Appeal 21/Yr 7B football

Recommended Reads + Winners

Books to Support and understand Mental Health

Youth Connect 5

EC / YMAC 2021

December Kindness Cal 2021

NUMERACY

Challenge!

Maths Challenge of the Week

N

14+5	3x3	12x2				
2+7	12+7					
81-62	1x3	1x1	9x2	1x5	2x2	
2+0	1x5	3+0	45-44	44-23	48-29	64-59
29-10	27-22	7+15	5+0	58-44		
58-57	27-7	1x5				
12+2	3x3	33-19	2+3			

A B C D E F G H I J K L M
1 2 3 4 5 6 7 8 9 10 11 12 13

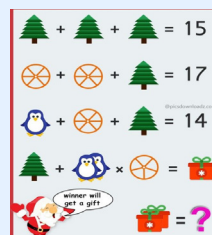
N O P Q R S T U V W X Y Z
14 15 16 17 18 19 20 21 22 23 24 25 26

Work out the sums to decode a math's joke. Send your answers in to Miss Devonshire

adevonsire@halewoodacademy.co.uk or to your

Last Week's Answer

N



Well done to everyone who tried last weeks numeracy challenge – did you spot the extra penguin? What about the extra present?

Correct Answer: 72

Hint: Look closely at the details

$$\Rightarrow 5 + 5 + 5 = 15$$

$$\Rightarrow 6 + 6 + 5 = 17$$

$$\Rightarrow 3 + 6 + 5 = 14$$

$$\Rightarrow 6 + (3+3) \times 5 = 36$$

$$\text{Asking for Two Gifts} = 36 \times 2 = 72$$

Word of the week

Definition:

To reduce the amount of something

Synonyms:

reduce, decrease, diminish, lessen

minimise

Worked examples:

You should try to minimise the amount of stress you have in your life.

Antonyms:

maximise, increase, augment, amplify

Thankful Thursday Winners- 6th December 2021

Thankful Thursdays

Each week, members of staff have the opportunity to nominate other staff for something that they are thankful for. Miss Rollings then picks three winners each Monday. Opposite are last week's winners and the reason for their nominations.

N Stafford: Officially became Super Teacher by teaching multiple KS4 classes in the Sports Hall. 11H gave her a round of applause and I am not surprised. Thank you so much!

J Hayden: She is always available for support and her on-going backing is invaluable to the Business department. She goes above and beyond for our year group by supporting on the homebase and building relationships with our challenging students. She supports me by checking on me regularly through the day and offering help anyway she can.

J Ashcroft: She has ran all around Liverpool to find hearts for me so that my Y10s didn't have to go without a dissection! They loved doing the practical and really appreciated the lengths she went to in order to make this happen. Thank you so much, I hope your car doesn't stink of organs!

Thankful Thursday Autumn Term Winners

Thankful Thursdays

Each week, members of staff have the opportunity to nominate other staff for something that they are thankful for. All nominations for this term were entered into a super prize draw and three winners were randomly selected.

Congratulations to:

L Parr

J Marsh

J Ashcroft



Safeguarding



Anti-Bullying Week Monday 15th November 2021 -Friday 19th November 2021

Assemblies have been delivered to all year groups this week to explore the impact bullying can have on individuals. Pupils have been very forthcoming about their feelings, experiences and understanding of this topic. We all agree that this should be a topic of conversation daily, weekly and ongoing especially when our Core Values are Respect, Aspiration, Collaboration, Excellence and Resilience. We should be modelling these values in school and out in the wider community.

We would like to have Anti-Bullying ambassadors in school. This was discussed in assemblies. If your child would like to be part of the programme, please ask them to speak to Miss Catterall.

We are very proud to have a school where so many pupils know they can talk to any member of staff about any concerns they have about bullying. We are a talking school.

Parent/Carer/Pupils

Need support for when it is out of school hours?

Please see below some useful websites/information to support young people and their parents/carers.

MASH

The Knowsley Multi Agency Safeguarding Hub (MASH) brings together agencies from services that have contact with children at risk to make the best possible use of their combined knowledge to keep them safe from harm. The MASH provides a 'first point of contact' for Early Help, Children's Social Care (CSC) and Adults Social Care enabling members of the public and professionals to raise concerns about the safety and welfare of children or adults. This may include children or adults identified as potentially being in need of support or as being at risk of suffering abuse

Knowsley Multi-Agency Safeguarding Hub (MASH) on 0151 443 2600 (*during office hours*)

If you urgently need help outside office hours you can contact the Emergency Duty Team on 0151 443 2600

Please note if you believe a child or young person is at immediate risk of harm, you should contact the police urgently, CALL 999 Emergency

<https://www.knowsleyscp.org.uk/children-and-young-people/what-should-i-do-if-i-am-worried/>

Careline child services

Careline child services manages all child social care enquiries and referrals. You can contact us 24 hours a day, 7 days a week on the above link or telephone 0151 233 3700.

If you have concerns about a child at risk (if a child is at immediate risk call 999)

<https://liverpool.gov.uk/children-and-families/childrens-social-care/getting-help/careline-child-services/>





Young minds

Youngminds is a Mental Health Charity for Children and Young People. It provides Information, advice & support for young people affected by mental health. Youngminds also offer support to parents.

Parents contact 0808 802 5544 - Young person text YM to 85258 for free 24/7 support

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

NSPCC

The NSPCC helpline is staffed by trained professionals who can provide expert advice and support. We're here if you're concerned about a child, if you're a parent or carer looking for advice.

Contact number 0808 800 5000

<https://www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/>

Childline

Childline is a free, private and confidential service where you can talk about anything. They are available online, on the phone at any time. Get help and advice about a wide range of issues, call on 0800 1111, talk to a counsellor online, send *Childline* an email or post on the message boards.

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

Papyrus

Papyrus is a national charity dedicated to the prevention of young suicide. We provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.

Contact us on 0800 068 4141

<https://www.papyrus-uk.org/hopelineuk/>

Kidscape

Offer friendly, impartial, non-judgemental information, advice and support to parents, carers, family members or professionals who are concerned about a child - either because they are being bullied, or because they may be involved in bullying others. Bullying can happen anywhere - inside and outside of school, in the community, in the home, and online.

Advice for parents: 020 7823 5430

WhatsApp: 07496 682785

Email: parentsupport@kidscape.org.uk

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

NHS

The NHS website is a great source of support for the mental health needs. Visit the site below for further information.

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

<https://youtu.be/cyEdZ23Cp1E>





E-Safety

Internet Matters – this is the main online safety advice site for parents in the UK. Internet Matters has a wealth of information for parents including simple tutorials on how to set up the internet filter on your broadband, settings for all devices, advice and guidance, and much more, the link is below:

www.internetmatters.org/

Common Sense Media – a huge site which allows you to search on a game or app to learn more about it. It also includes books and TV shows too.

www.common sense media.org/

Think you know website is also a great source of support, which sends out tasks and activities that families can complete together to get adults and children addressing concerns around staying safe online.

<https://www.thinkuknow.co.uk/>

<https://www.thinkuknow.co.uk/>

<https://www.thinkuknow.co.uk/parents/articles/what-is-live-streaming/>

<https://www.thinkuknow.co.uk/parents/articles/what-is-the-internet-of-things-iot/>

<https://www.thinkuknow.co.uk/parents/articles/Has-your-child-shared-a-nude-selfie-subtitled/>

www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/

Net-aware is very informative in terms of understanding the apps children are using.

<https://www.net-aware.org.uk/>

During school hours

If you have a safeguarding concern, please contact school via the following email addresses or by contact the school via telephone.

Role	Name	Contact Number	Email
Designated Safeguarding Lead	Ms J Gallagher	0151 477 8830	jgallagher@halewoodacademy.co.uk
Deputy Designated Safeguarding Lead/ Designated Teacher (LAC)	Mr D Day	0151 477 8830	dday@halewoodacademy.co.uk
Deputy Designated Safeguarding Lead	Mrs F Campbell	0151 477 8830	fcampbell@halewoodacademy.co.uk

If it is a particular Year group, you can email your child's Assistant Progress Leader.

Safeguardingstaff Year 7	Miss J Courtney-Ward	0151 477 8830	jcourtney-ward@halewoodacademy.co.uk
Safeguardingstaff Year 8	Mrs V Morgan	0151 477 8830	vmorgan@halewoodacademy.co.uk
Safeguardingstaff Year 9	Mrs S Dixon	0151 477 8830	sdixon@halewoodacademy.co.uk
Safeguardingstaff Year 10	Mrs J Anderson	0151 477 8830	janderson@halewoodacademy.co.uk
Safeguardingstaff Year 11	Mrs N Newton	0151 477 8830	nnewton@halewoodacademy.co.uk





15th December 2021

Dear Parent/Carer

In a letter last week, Ms Rollings outlined the plan regarding the reintroduction of lateral flow testing for those students with parental consent after Christmas.

Please see below the promised allocated appointment slots for each year group by form. It is important that all students keep to their allocated testing slots to ensure accurate records can be maintained and that we are ensuring the safety of all involved.

Tuesday 4 th January	Testing Arrangements	Time	Form Group
Year 7 and 11 testing All year groups accessing timetabled lessons remotely	Year 7	9.00 – 9.18am 9.18 – 9.36am 9.36 – 9.54am 9.54 – 10.12am 10.12 – 10.30am 10.30 – 10.48am 10.48 – 11.06am 11.06 – 11.24am	7KWI 7SOW 7RAE 7CCO 7KHE 7RDO 7 KDA/HAS 7LKL
	Year 11	12.15 – 12.30am 12.30 – 12.45am 12.45 – 1.00pm 1.00 – 1.15pm 1.15 – 1.30pm 1.30 – 1.45pm 1.45 – 2.00pm 2.00 – 2.15pm 2.15 – 2.30pm	11DOL 11PRY 11LON 11CJO 11SRL 11NMG 11JQU 11 JMA 11 JSU
Wednesday 5 th January	Testing Arrangements	Time	Form Group
Year 8, 9 and 10 testing Year 7 and 11 in school accessing normal lessons Year 8,9,and 10 accessing timetabled lessons remotely	Year 8	8.45 – 8.55am 8.55 – 9.05am 9.05 – 9.15am 9.15 – 9.25am 9.25 – 9.35am 9.35 – 9.45am 9.45 – 9.55am 9.55 – 10.05am 10.05 – 10.15am	8 CKN 8CSA 8JGU 8EBB 8LTR 8MWL/KCL 8SSC 8NHI 8NST
	Year 9	10.30 – 10.50 10.50 – 11.10am 11.10am – 11.30pm 11.30 – 11.50pm 11.50 – 12.10pm	9ABA and SJO 9AWR and KHO 9LPA and PMC 9PBR and RSE 9ADE/NSV
	GO4		Continued.../...



	Year 10 GO4	1.00 – 1.20pm 1.20 – 1.40pm 1.40 – 2.00pm 2.00 – 2.20pm	10AGL and STA 10JNC and JCA 10JKL and HRE 10AGN and RKE
Thursday 6th January	All students back in school accessing timetabled lessons		

Students will access the building through the student entrance, complete their test and then go home and exit via the Main Reception.

Yours faithfully

D Chambers

Mrs D Chambers
Operations Manager




Things to do over Christmas to support your Mental and Physical Health.



18. Do something for yourself today.	19. Write someone close to you a Christmas card.	20. Learn something new. Baking, cooking, drawing, dancing, singing etc.	21. Buy someone a Christmas gift.	22. Contribute to your local community.	23. Do something active for example, go for a walk, stretches, bike ride.
24. Sing your favourite carol/s on Christmas Eve	25. Treat everyone with kindness.	26. Contact someone who's alone and spend some time with them.	27. Thank people who do things for you.	28. Help others and give something for example, your time, help with cooking.	29. Turn off digital devices for a day and do something new.
30. Plan goals for the next year.	31. Go out with people or family members.	1. Help out around your home.	2. Take 5 minutes for yourself to relax.	4. Telephone or text someone from your family that live far away.	5. Offer to help someone in someway.







supplied by a current HA student

*Fantastic game at the Academy this week!
The Year 7B team played Childwall in a 3v3 classic!
The entire squad were outstanding!*

Goals were scored by Moran, Hogan and Sunners. MOTM was Murray. Mr Rylands and Mr Kendall were really impressed with the resilience, energy and team work!



**HALEWOOD
ACADEMY**
WADE DEACON TRUST



**Humanities Club will be available to
Years 7, 8 and 9 every Monday starting next week.**

**We will be studying about Ireland, looking into the
history and geography of Ireland over the next 6 weeks.**

It will be in room F34.

Humanities Club

Monday 2:45 – 3:30 pm
Year 7, 8 and 9

Shoe Box Appeal 2021

Thank you to everyone who contributed to the **Local Shoe Box and Food Bank Appeal 2021**. We collected over 100 shoeboxes for the community and several bags of food donations. The final total including the Christmas Jumper Day donations and Christmas Raffle for **YoungMinds Mental Health Charity** is

Your support is much appreciated!

£251

Wishing you a very Merry Christmas and a Happy New Year.

Kind regards,

Chelsea Jones

PE teacher and Aspirations Coordinator

YOUNGMINDS
fighting for young people's mental health



Christmas Raffle Winner!
Ryan Johnson Year 7





Youth Connect 5

Youth Connect 5 is a FREE 5 week course for parents and carers

As parents we can't always control life's situations **Youth Connect 5** gives you:

- The knowledge skills and understanding to help your children develop strong emotional wellbeing
- You will learn techniques to strengthen your child's ability to deal with stress and adversity in life- these skills will stay with them into adulthood
- Skills of resilience-being able to handle challenges-being able to bounce back when life gets tough.

This 5 week course will be delivered by Knowsley Family Learning

The course will be delivered via zoom. Choose the session which suits you best and contact the relevant tutor to book a place.

Tuesday	1-2pm	Start date 18th January 2022	Tutor Sharon Fitzgerald
Wednesday	10-11am	Start date 19th January 2022	Tutor Ann Curley
Thursday	10-11	Start date 20th January 2022	Tutor Vicky Powell

Email sharon.fitzgerald@knowsley.gov.uk or ring Sharon on 07825 117499
Email Victoria.powell@knowsley.gov.uk or ring Vicky on 07825 117487
Email Ann.curley@knowsley.gov.uk or ring Ann on 07825 117482

We are also offering a one off workshop '**Understanding Your Teenager's Brain**', delivered via zoom, on Monday 10th January 1-2pm or Thursday 13th January 10-11am. Contact Sharon Fitzgerald to book a place.

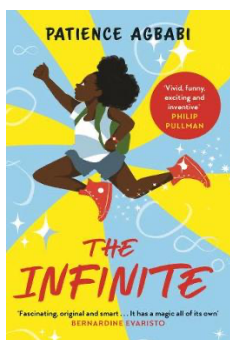


Recommended Reads



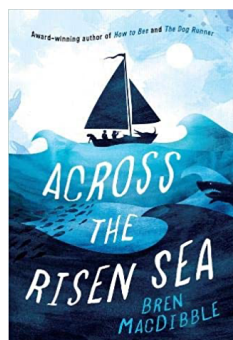
Year 7

The Infinite by Patience Agbabi



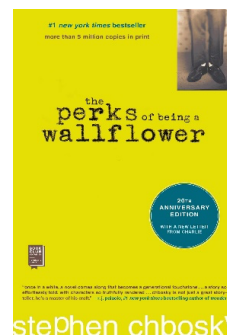
Year 8

Across the Risen Sea by Bren MacDibble



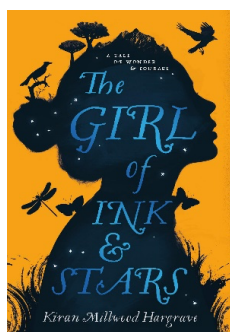
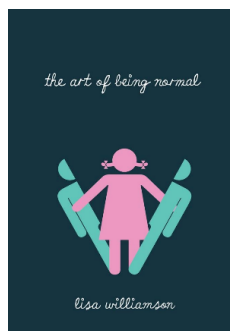
Year 11

The Perks of Being a Wallflower by Stephen Chbosky



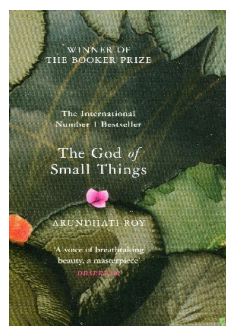
Year 10

The Art of Being Normal by Lisa Williamson



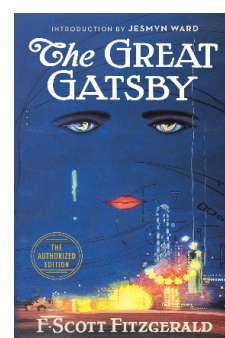
Year 9

The Girl of Ink and Stars by Kiran Millwood Hargrave



Parent / Guardian

The Great Gatsby by F. Scott Fitzgerald



Staff

The God of Small Things by Arundhati Roy



Book Advent Calendar Winners



Day 1: Bella Norris and Kendra Arands (Year 7) Bella was chosen for always being helpful and offering a helping hand to anyone in need. Kendra was chosen for her amazing reading and for always putting maximum effort into her work.

Day 2: Bradley Malvern and Grace Jarvis (Year 8) were chosen for their fantastic reading.



Day 3: Ellie W, Maja Dziemianowicz and Chloe W (Year 8) were chosen after they were caught reading together.



Day 4: Erin Charnock and Caitlin (Year 9) were chosen as they were caught reading and are always friendly to others in the Library.



Day 7: Ryan Skinner and Luke Skinner (Year 8 & 9) were chosen for their dedication to helping others.



Day 6: Teagan Cross and Paige Cross (year 8 & 9) were chosen for their dedication to helping others.

Day 8: Olly Campbell (year 9) was chosen as they produced a fantastic story for the competition.

Day 9: Scarlett Watmough and Libbie Berry (Year 7 & 9) were chosen after they were caught reading.



Day 11: Malak Nagi and Kothar Nagi (Year 7 & 9) were chosen for always being polite and friendly.



Day 10: Louise W and Evie Jackson (Year 8). Louise was chosen as she is constantly caught reading. Evie was chosen for producing fantastic work for English.



Book Advent Calendar Winners



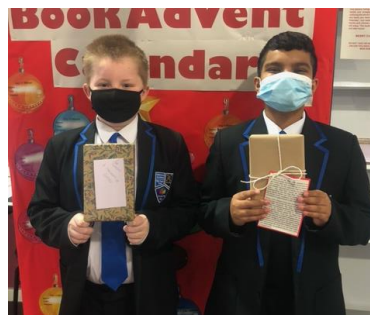
Day 12: Poppy Beale and Freya Morgan (Year 7) were chosen as they were caught reading and are always checking books out the Library.

Day 13: Georgia Eland and Faye Weadock (Year 7) for always being helpful and for being chosen as Library Assistants.



Day 14: Millie Eves & Erin Williams (Year 7) were chosen for always being polite and friendly to others.

Day 15: Lacie Lewis and Ava Foster (Year 7) were chosen as they were caught reading and are always checking books out the Library.



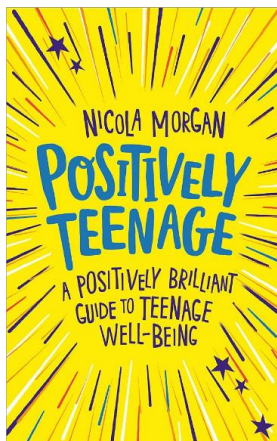
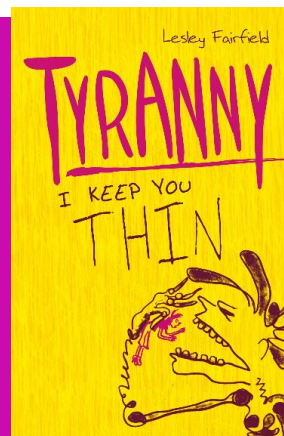
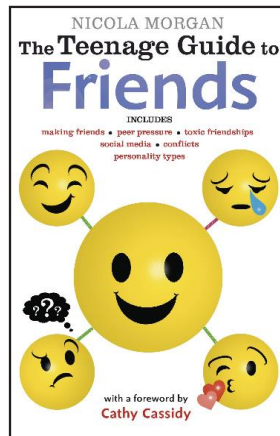
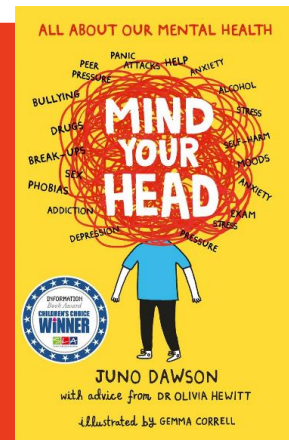
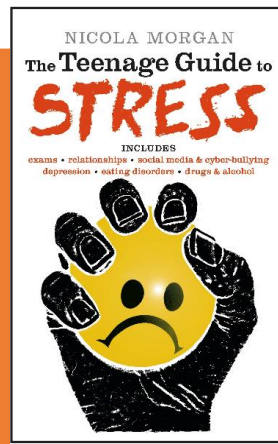
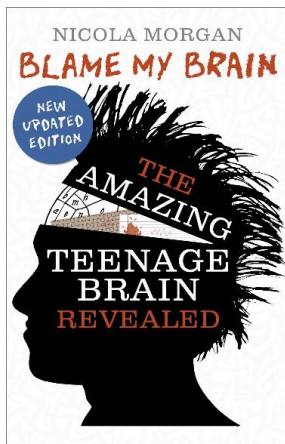
Day 16: Krzysztof Grubinski and Baron Baskaran (Year 7) were chosen for working hard during a Science lesson in the Library.

Day 17: Tyler Rudge, Riain Bergin, Luke Davidson – Lund, Joshua Donegan and Freddie Shwenn (Year 7) were all chosen for always using the Library to complete their homework and for always being polite and helpful to others using the Library.

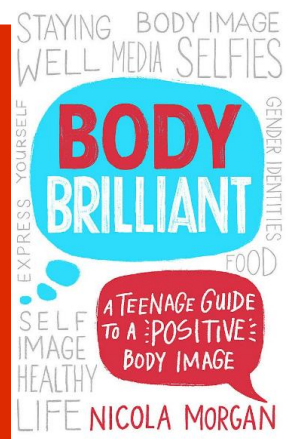


Books to Support and Understand Mental Health

As part of a Reading Well scheme, The Reading Agency - with funding from the Department of Digital, Culture, Media and Sport (DCMS) - have donated books to the school in order to support and understand mental health. They have been chosen and recommended by health experts, as well as people with lived experience of the conditions and topics covered in each book. The books are all available to loan out from the school Library!



**All books are available
in the school Library!**





Keyboard Club

Keyboard club with Miss Costello every Wednesday 3pm – 3.45pm Room G53

- - *Extended Curriculum* - -

Drama Club

Drama club with Miss Owens every Wednesday 3pm – 3.45pm Room G04



- - *Extended Curriculum* - -



Dance Club

Dance club with Miss Ault & Miss Walsh every Wednesday 3pm – 3.45pm Room G03

Extended Curriculum

Week 1

	Monday		Tuesday		Wednesday		Friday	
	Activity	Where?	Activity	Where?	Activity	Where?	Activity	Where?
3-4 pm	Y8 - Hegarty Maths	S30	KS3 – Trampoline (Max 25 students)	PE	Y11 – GCSE English	HB3A, HB4B, F49, 57 & 58	Y11 – Geography	F33
	Y10 & 11 - GCSE Maths	S40, 41, 42 & S29	KS4 – Trampoline (Max 25 students)	PE	KS3 – Spanish Club	S18	Y11 – History	HB5B
	Y11 - Drama	G04	Organised sports fixtures	PE	KS3 – Wellbeing Club	G39	Y11 – Dance	G03
	Netball	PE					Y9 – Football	PE
	Y8 – Football	PE					Y10 – Football	PE
Remote	Badminton – Everton Link	PE						
			Maths English		History Geography			

Week 2

	Monday		Tuesday		Wednesday		Friday	
	Activity	Where?	Activity	Where?	Activity	Where?	Activity	Where?
3-4 pm	Y10 & 11 – Science	Science Corridor	KS3 – Trampoline (Max 25 students)	PE	Y11 – Geography	F33	Y11 – Geography	F33
	Y11 – Drama	G04	KS4 – Trampoline (Max 25 students)	PE	Y10 – History	HB5B	Y11 – History	HB5B
	KS3 – Humanities club	F32	Organised sports fixtures	PE	GCSE Media	F48	Y9 – Football	PE
	Business	S28			Y11 – Dance	G03	Y10 – Football	PE
	Computer Science	F34			Y11 – Drama	G04	Y11 – Dance	
Remote	Netball	PE			Y11 – Spanish	S18		
	Y8 – Football	PE			Girls Football	PE		
Remote	Badminton – Everton Link	PE			Y7 – Football	PE		
			Maths English		KS4 – Wellbeing Club	G39		
					History Geography			



December Kindness 2021



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



5 Give a gift to someone who is homeless or feeling lonely

6 Leave a positive message for someone else to find

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Contact an older neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2022



ACTION FOR HAPPINESS

Happier • Kinder • Together



Happier January 2022

SUNDAY

2 Make time today to do something kind for yourself

9 Get moving. Do something active (ideally outdoors)

16 Contribute positively to your local community

23 Put away digital devices and focus on being in the moment

30 See how many people you can smile at today

SATURDAY

1 Find three things to look forward to this year

8 Say positive things to the people you meet today

15 Get outside and notice five things that are beautiful

22 Plan something fun and invite others to join you

29 Say hello to a neighbour and get to know them better

MONDAY

3 Do a kind act for someone else to help brighten their day

10 Thank someone you're grateful to and tell them why

17 Be gentle with yourself when you make mistakes

24 Take a small step towards an important goal

31 Write down your hopes or plans for the future

TUESDAY

4 Write a list of things you feel grateful for and why

11 Switch off all your tech at least an hour before bedtime

18 Get back in contact with an old friend

25 Decide to lift people up rather than put them down

WEDNESDAY

5 Look for the good in others and notice their strengths

12 Connect with someone near you - share a smile or chat

19 Focus on what's good, even if today feels tough

26 Choose one of your strengths and find a way to use it today

THURSDAY

6 Take five minutes to sit still and just breathe

13 Take a different route today and see what you notice

20 Go to bed in good time and allow yourself to recharge

27 Challenge your negative thoughts and look for the upside

FRIDAY

7 Learn something new and share it with others

14 Eat healthy food which really nourishes you today

21 Try out something new to get out of your comfort zone

28 Ask other people about things they've enjoyed recently



The YoungMinds Wellbeing Advent Calendar 2021

Looking after your wellbeing as you countdown to the holidays

29 - MONDAY

Winter joy

It's the festivities! What inspires you during this time of year? Let's write them down.

6 - MONDAY

Become a dreamer

Encourage your pupils to dream. Sharing our ambitions is the first step to making it happen.

30 - TUESDAY

Captain Brave

Design and display your 'I'm Brave' poster as a reminder of how courageous we all are.

7 - TUESDAY

Breathe

At the start of the day, take a deep, long breath. In for 5, out for 5. Focus. Can you hear yourself breathe?

1 - WEDNESDAY

Cloud spotting

Take time outside for mindfulness. Look up to the sky and notice the different shapes in the clouds.

8 - WEDNESDAY

The kind-hearted

Engage in a small act of kindness. It could be a thoughtful gesture, praise, or simply a smile.

2 - THURSDAY

The tales of...

Get creative and draw a book cover with a picture and a title that best describes you.

9 - THURSDAY

Christmas Carols

Choose a classroom song! Put the lyrics on the screen and have a good old sing-along together.

3 - FRIDAY

Holiday puzzle

Create a class puzzle and show what the holidays mean to you. What words and colours come to mind?

10 - FRIDAY

Hot potato

Sit in a circle and pass a potato or a small ball to one another. Share one positive thing from the week.

17 - FRIDAY

Santa's sigh

At the end of term, set aside time to relax. Let out a long sigh. Stretch. You've done it.

16 - THURSDAY

Moving Reindeers!

When I shout 'Dasher' the class starts hopping. With 'Prancer', start skipping, and 'Rudolph', start jumping!

15 - WEDNESDAY

Your 2021

It's been another tough year, but in small groups, discuss some of your favourite moments.

14 - TUESDAY

Come and do the Conga

Ask the class to pick a festive tune from YouTube and together create the biggest class conga!

13 - MONDAY

Things in common

In small groups, identify the things everyone has in common. It can be anything except you go to school!