



George Stephenson
High School

Well-Being Bulletin

5 Ways to Well-Being Challenge!

Welcome to Week 11 of George Stephenson High School's Well Being Bulletin. We hope that you are all safe and well. Wellbeing is all about feeling comfortable, healthy and happy. It is not just about having a healthy body, it is also about having a healthy mind and feeling content and relaxed. The aim of this challenge is to learn about five things that we can do to help lead to wellbeing. Just taking these small steps can make a big difference and help you feel happier, more relaxed and healthy. Nobody feels happy and relaxed all the time, that is just part of life and part of being human. There will always be challenges and sad times, but we can learn ways to help us feel happier, healthier and more relaxed, so that when we do face challenges, we can always lead ourselves back to wellbeing.

Below are a number of challenges you could complete today to achieve your 'Five Ways to Wellbeing' certificate. Try to do one activity from each area, although you can do more than one if you would like to. You could tick off or highlight the activities you have done or take photos of some of the activities you have done to send to cpatrick@gshs.org.uk. Watch this video to find out more about 'Five Ways to Wellbeing':

<https://www.youtube.com/watch?v=yF7Ou43Vj6c>

Connect

- Phone or FaceTime a family member or friend.
- Write a letter to a family member or friend.
- Make a card for somebody.
- Send a text or message to a friend to ask how they are.

Be Active

- Go for a walk, run or bike ride.
- Try a new active game or sport.
- Do P.E with Joe on YouTube.
- Try a Cosmic Kids Yoga video on YouTube.
- Try a dance with Oti Mabuse video on YouTube.

Take Notice

- Take time to sit, be still, reflect and notice what you can see, hear and smell.
- Eat something slowly and notice what it looks like, what it feels like in your mouth and what it tastes like. You could try this with a grape, a strawberry or a chocolate.
- Go for a walk and notice all of the sounds you can hear.

Keep Learning

- Research something that interests you.
- Read a new information book.
- Do a BBC Bitesize lesson on something you do not know very much about.
- Phone a Grandparent and ask them what school was like when they were young.
- Learn a new word or a random fact.

Give

- Do something nice for someone.
- Smile.
- Thank people around you for the little things and the big things that they do.
- Make a thank you card for somebody.
- Donate or raise money for a good cause.
- Do a helpful job at home.
- Look after your community. Pick up litter.

Reward Someone Special!

Westmoor Residents Association are still running a scheme in which you can nominate a special relative or grandparent for a visit and a cake which will really cheer them up! Please let us know via email to: kindness@gshs.org.uk if you would like to nominate a relative with their name and address.

Kooth Update

Live forums can be found in the discussion boards and go online at 7.30pm on the evening they are planned. They are moderated in real time until 9.00pm.

Wednesday 1st July – Finding Your Focus and Motivation In this live forum, we are going to get ourselves feeling focused and motivated! Especially with current circumstances, many of us are finding it difficult to remain focused on our work, hobbies, and goals. Together, let's try to come up with some ways that we can get ourselves back on track and complete some goals.

Monday 6th July – Voice Of the Child: Myth Busting: Respect As part of our Victims of Crime (VOC) series, this live forum will be considering how we might support a friend during difficult experiences with their mental health. With current situations making it difficult to meet up and support friends in person, we will be thinking about ways we can do this from afar and different services which can help you and them to feel safe and supported.

Friday 17th July – Staying Connected in Relationships The current situation is affecting all of our lives and part of that is our relationships with friends, family members, and partners too. We've had to adapt quickly to this new way of living and we hear you with how hard it can be. We've seen a lot of posts lately about loneliness and feeling disconnected from others, that's why in this live forum we want to talk about different ways of staying connected to those you care about.

Wednesday 22nd July – Coping with Family Changes This live forum will be all about 'Coping with Family Changes'. We understand there are ups and downs amongst families, and tonight will cover different changes in the family unit (such as bereavement, break ups, and additions to the family). We will be considering how these changes can impact us, especially during this uncertain and testing time, where we can get support and how we can help others when going through a difficult time at home. Feel free to come by whether that's to share your experiences and advice or just to learn. As always everyone is welcome!

Monday 27th July – Mindfulness & Meditation Often we go through life without stopping to notice much, but becoming more aware of the present moment can improve your mental wellbeing. Mindfulness, put simply, is making sure that we are "right here, right now". It is a

form of meditation, and a way of appreciating and experiencing the world around you. Tonight's live forum will touch on both Mindfulness and Meditation, and we will be considering the art of becoming aware of our own thoughts, feelings, and the world around us, in the hopes of using some of these skills to take a fresh look at some of those things we may be taking for granted.

Nitrous Oxide Risks

A number of concerns have been raised about the increase in young people using nitrous oxide (Laughing gas) across North Tyneside. This is very dangerous, please see the information below.



Nitrous Oxide

It's no laughing matter, don't ignore the risks

North Tyneside parks and streets have recently been littered with discarded canisters of nitrous oxide or so-called candy chargers, nos, hippy crack or laughing gas.

Apart from the clear environmental damage and contribution to the climate crisis, young people need to be aware of the many harmful side effects and risks.

What is it?

- o The pressurised canisters contain a colourless gas that is inhaled, usually using balloons.
- o It is a depressant – like alcohol. They both limit oxygen to your brain.

Why do people take it and how does it make you feel?

- o To experience short-lived feelings of euphoria, calmness or relaxation.
- o People also can experience fits of giggles and laughter - hence the nickname 'laughing gas'.



What's the harm – is it dangerous?

- o Yes. It is difficult to judge how much is being inhaled. As the feelings of taking it only last a few minutes people inhale more.
- o If you inhale too much, you risk falling unconscious or even suffocating from lack of oxygen.
- o More common side effects include headaches, sickness and paranoia.
- o It can make you feel dizzy or hallucinate, which might make you act carelessly or dangerously.
- o People often mix it with other drugs and alcohol, which can be dangerous as accidents are more likely to happen.

It is illegal?

- o Nitrous oxide is covered by the Psychoactive Substances Act and is illegal to supply for its psychoactive effect.
- o It is highly dangerous and illegal to drive while under its influence.

Please think of your family and friends: if you share a balloon you risk catching COVID-19 and spreading it across communities.

Find out more online:
TalktoFrank.com

For confidential and anonymous advice and support:
Early Help Drug and Alcohol Support: EHDAS@northtyneside.gov.uk
Aged 11-19 text Chat Health: 07507 332 532
Aged 11-25, visit Kooth.com



Congratulations!

A massive well-done to Kajsa Berglof-Morales for her amazing PE work, Kaitlin Tulip for her AMAZING sport video, Patrick Dolan for his creative art piece, Kirsten Steadman for her fabulous work and Macy Dalby for her super Pride work too.



Physical:
 On the 30th May, I walked for 3.5 miles with my household, it took 2 1/2 hours.
 On the 31st May, I walked for 5.25 miles with my household, it took 3 1/2 hours.
 On the 2nd June, I walked for 2.25 miles with my household, it took 1 1/2 hours.

Thinking:
 My school:



P.E Workout using only one piece of equipment (Kettlebell/Dumbbell)

- 10 Minute Goblet Lunges (Right Leg)
- 10 Goblet Squats
- 10 Lunging Lunges
- 10 Minute Goblet Lunges (Left Leg)
- 10 Goblet Squats
- 10 Lunging Lunges



PE Activities

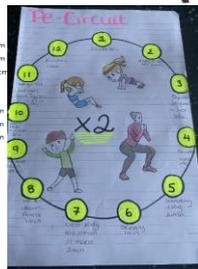
Trap up stairs	12 35	12 45	12 50
Quick Start	12.32 normally	14.22 Backward start	15.02 on knees backward start
In the box	1-try 5steps	1-try 10steps	2-try 15steps

My Fitness Circuit:

1. Lunges
2. Plank
3. Rest
4. Push ups
5. Mountain Climbers
6. Rest
7. Bicycle Crunches
8. Burpees
9. Rest
10. Left side plank
11. Right side plank
12. Squats

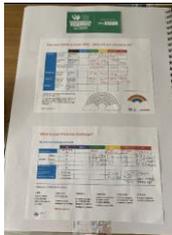
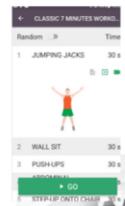
Saturday 20th June 2020

Athletics
 First event – Standing Long Jump
 Dad 2- 1m 50cm Kajsa 1- 1m 70cm
 Dad 2- 1m 47cm Kajsa 2- 1m 72cm
 Dad 3- 1m 67cm Kajsa 3- 1m 73cm
 Second event – Rock throw
 Dad 2 – 8m 20cm Kajsa – 4m 30cm
 Dad 2 – 8m 14cm Kajsa – 4m 67cm
 Dad 3 – 6m 67cm Kajsa – 5m 28cm
 Third event – Sprint
 Kajsa won



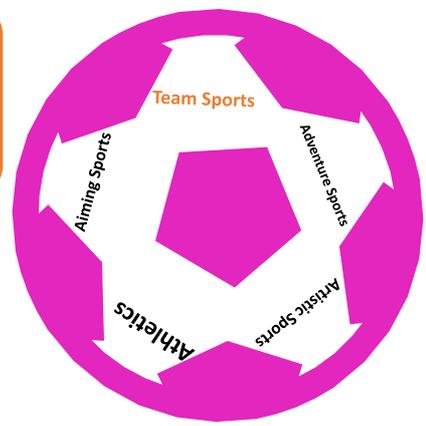
Day 5

- Today I did one of the workout tasks i had on my phone. I was doing them everyday but it got tricky so i spread them out more.
- It wasnt too hard considering i hadnt done it in a while.



Activity	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Physical							
Thinking							
PE							
Art							
Music							
History							
Geography							
Science							
Maths							
English							
Other							

Basketball
 How many shots I can do in 1 minute;
 First try – 8
 Second try – 10
 Third try – 11
 Personal best – 11
 As well I learnt some tricks



Wednesday 24th June 2020

