



George Stephenson
High School

Well-Being Bulletin

George Stephenson High School's Got Talent

Welcome to Week 4 of George Stephenson High School's Well Being Bulletin. We hope that you are all safe and well. Why don't we use this time to stop comparing ourselves to other people and think about our own gifts and how we can use them for a purpose? Why not write down the things that you are good at such as sport or art? Once you have finished this list why don't you plan a way of sharing your gifts with others or how you can use your gift to help other people. If you are good at art maybe you could make a picture to send to someone you love, if you are good at writing maybe you could write a letter to someone to cheer them up, maybe if you are good at sport you could lead your family into a workout? Let's take the time to celebrate all the many talents that you have and use them for a purpose!

If you are struggling to relax...

Relax Kids have put together a really good resource pack:

<http://www.relaxkids.com/calm-pack>

This pack is full of exercises and activities to help families come together and feel safe in these strange and unseen times.

The CALM PACK helps to give reassurance and a feeling of calm and safety to help children and their families manage changes and navigate these uncertain times.

It is designed to help rest and relax jangled nervous systems with a calming meditation set of relaxation cards, affirmation cards and some activities.

The hope is that you will be able to build some regular calm time into your new daily timetable at home and that these exercises will bring you closer together as a family.

Spotify Daily Wellness Playlist

Taking a moment—or two—for yourself is especially important these days. Yet wellness is deeply personal. Some center their wellness around eating healthy and exercising, while others focus on positive thinking and small acts of self-care. With that in mind, Spotify is introducing **Daily Wellness**, a personalized mix of grounding motivational podcasts and feel-good music that can help you find positivity, mindfulness, or peace throughout your day.

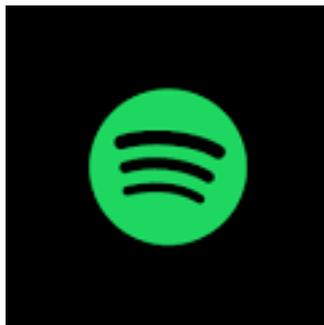
The new playlist, made to fit into your daily routine, updates once in the morning then again in the evening. In it, you'll find hours of content, from music you might recognize to curated wellness podcasts, plus a few new things we think you'll like.

Every morning, the playlist will greet you with positive, motivational content to kickstart your day. In between inspirational podcasts like [Daily Quote](#) and [Yoga Girl Daily](#), you'll find personalized music to help you rise and shine. Our goal? To help you feel like you could conquer the world, one day at a time.

At night, the playlist refreshes with content that's a bit more relaxing. Practice mindfulness with [Daily Breath with Deepak Chopra](#), hear poetry from [The Slowdown](#), and wind down with our music picks. The evening edition is built to get you ready for a good night's sleep—one of the most crucial acts of wellness and self-care.

Why not check it out at:

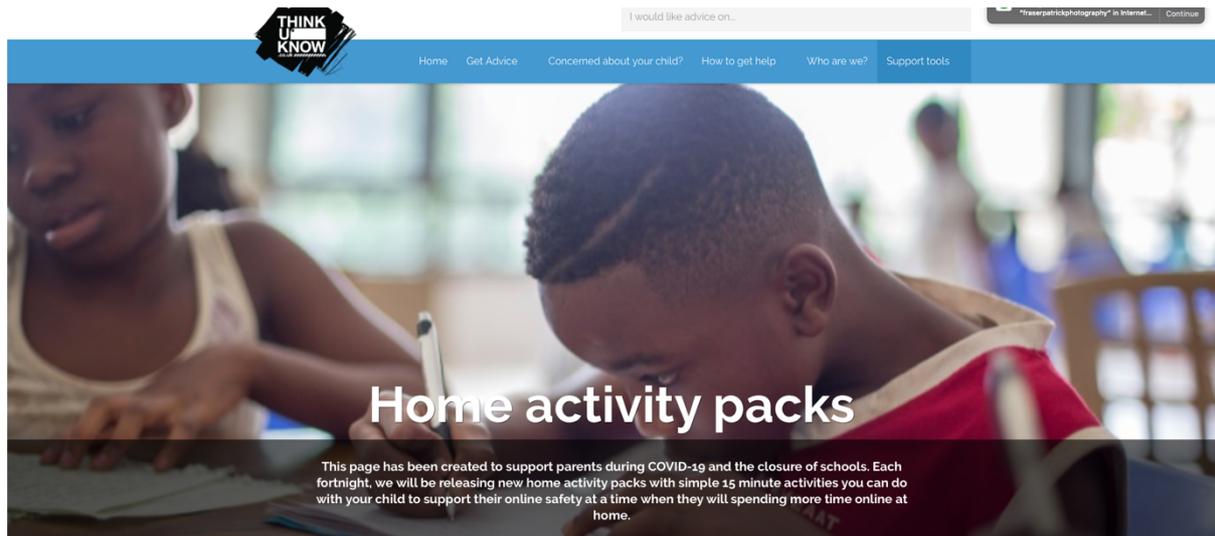
<https://open.spotify.com/album/0Gu6LKekDhqT1hRbUd81dM>



Online Safety Help

Young people on lockdown are obviously spending even more time than usual online. If the Online Safety Certificate wasn't enough for you, Thinkuknow #OnlineSafetyAtHome have released home activity packs, appropriate for all secondary school aged pupils, and also have some for Primary age years and parents so there is something for the whole family to do!

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>



Healthy Relationships

BISH is a guide to sex, love and you for everyone over 14. It's for people who are (or are thinking about) having sex / relationships. It's for all genders and sexualities, people with disabilities, backgrounds, beliefs and values

Why not check out this website for further details:

<https://www.bishuk.com/>

Latest from BISH



Partner Putting You at Risk

What if your partner is putting you at risk of pregnancy or STIs. Here's some advice for you but also advice for them. Note the content warning below. [...]

[Read more →](#)



Kink and Asexuality as a Survivor

My advice to a young person who has a question about kink and asexuality as a survivor of rape. We don't talk about any details of rape or sexual assault but it is mentioned. [...]

[Read more →](#)



How to Deal With Stress

I'm writing this during the coronavirus, which is stressful for all of us. This is on top of all the other stresses that happen to us in our daily lives, so this article is a 'how to deal with stress' for all times as well as these times. [...]

[Read more →](#)



What Is Sex?

This guide to 'what is sex' aims to answer the most frequently asked questions about sex in a simple and short way. Although yeah, the whole article is like an essay. I've tried to define each thing and then give some pointers for how to do them more consensually and safely. [...]

[Read more →](#)



Sexual Health Services

Learn more about sexual health services for all ages in the UK. What they are, where they are, what they do and what going to a clinic is like. [...]

[Read more →](#)



Guide to Relationships

In this guide to relationships: we'll look at what we mean by relationships, limits, how you should be treated, romance, trust and break ups. [...]

[Read more →](#)

Youth Sport Trust Wednesday Webinars

In the coming weeks starting from this Wednesday The Youth Sport trust will be covering PE related themes and wider perspectives in the world of education linked to the current challenges parents, teachers and anyone else in the wider world of education might be facing.

Wellbeing will be covered by some guest speakers about how to use PE and physical activity as a tool for supporting mental and physical wellbeing and personal development.

