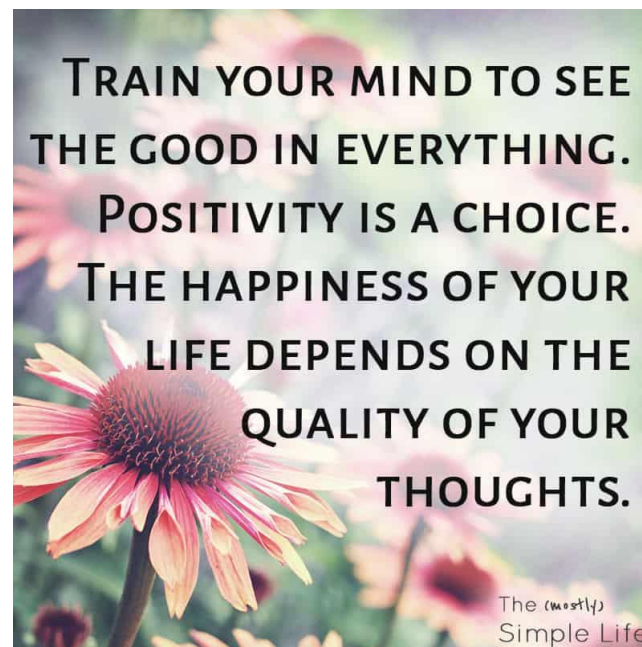


# 1<sup>st</sup> May 2020



# This week's focus

Everyday may  
not be good,  
but there is  
something good  
in Everyday."

This week we are looking at:

**Article 3: The best interest of the child**

**Article 24: Your right to health**

We have all had good days and bad days in lockdown. All of us. It's normal and it's natural. It's been going on a long time now and some of us are getting really frustrated.

Today we are going to remind ourselves what to do to ensure that the good days win out.

# What can you do to stay positive?

1. Trust Clyst Vale Community College- we are here for you.
2. Have a routine.
3. Look after yourself and others (eat well and keep hydrated).
4. Stay connected.
5. Stay physically active.
6. Talk about how you feel.
7. Take time out to do something you enjoy and a break from technology.
8. Know where to get support.
9. Think carefully about where you get information from.
10. Be positive about the future.

Mrs Bennett has been teaching you about this in C42

More info: <http://www.clystvaley.org/wp-content/uploads/2011/06/mental-health-guide-for-students.pdf>

# A new month. A new challenge.



## ACTION CALENDAR: MEANINGFUL MAY 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**"Start Where You Are. Use What You Have.  
Do What You Can" ~ Arthur Ashe**



**4** Focus on what you can do rather than what you can't do

**5** Send friends a photo of a time you all enjoyed together

**6** Take a step towards one of your life goals, however small

**7** Let someone you love know how much they mean to you

**1** Take a minute to remember what really matters to you and why

**2** Do something meaningful for someone you really care about

**3** Reconnect with nature today, even if you're stuck indoors

**11** What are your most important values? Use them today

**12** Be grateful for the little things, even in difficult times

**13** Today do something to care for the natural world

**14** Show your gratitude to people who are helping to make things better

**15** Find out about the values and traditions of another culture

**16** Look around you and notice five things you find meaningful

**17** Take a positive action to help in your local community

**18** Hand-write a note to someone you love and send them a photo of it

**19** Find a way to craft what you are doing to give it more meaning

**20** Reflect on what makes you feel really valued and appreciated

**21** Share photos of 3 things you find meaningful or memorable

**22** Ask a loved one or colleague what matters most to them and why

**23** Share an inspiring quote with others to give them a boost

**24** Do something special today and revisit it in your memory tonight

**25** Give your time to help a project or charity you care about

**26** Recall three things you've done that you are really proud of

**27** Today link your decisions and choices to your purpose in life

**28** Tell someone about an event in your life that was really meaningful

**29** Think about how your actions make a difference for others

**30** Find three good reasons to be hopeful about the future

**31** Look up at the sky. Remember we are all part of something bigger

**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

31 actions to look after ourselves and each other as we face this global crisis together

**Keep Calm · Stay Wise · Be Kind**



# So today...

- **Take a minute to really think about what matters to you and why.**
- Happy successful people all have one thing in common: gratitude.
- They are grateful for the things they have and every day they make a point of acknowledging it.
- Tell your friends and family how much they mean to you.
- Spend a moment feeling grateful for having your health; for living in such a lovely part of the world; for being able to learn; for being alive.. whatever you feel like..
- Don't believe me? Watch this for the science behind it.
- <https://www.youtube.com/watch?v=JMd1CcGZYwU&feature=youtu.be>

# Mindfulness

- Most of you will have heard about mindfulness.
- Last week you were sent some links to meditation but you may not have been brave enough to have tried it.
- Another thing that happy and successful people do is they cultivate a positive mind-set by taking time out to do mindfulness. It might be only a minute a day but it can really help.
- Here's a one minute video to help you try.
- <https://www.youtube.com/watch?v=c1Ndym-lsQg&feature=youtu.be>
- If you want to find out more, have a look at Headspace to get you started:
- <https://www.headspace.com/meditation-101/what-is-meditation>

# Focus on the heroes out there. He's now raised £31 million and counting....

Happy 100<sup>th</sup>  
Birthday Captain  
Tom.  
Once a man,  
twice a hero.



**£31,314,928**

raised of £500,000 target  
by 1,459,510 supporters

Donate



Facebook



Captain Tom Moore

## Captain Tom Moore's 100th Birthday Walk for the NHS

Cpt Tom Moore is walking 100 lengths of his garden for NHS Charities Together because our fantastic NHS workers are national heroes



Supporting NHS staff and  
volunteers caring for Covid-  
19 patients

run by Association of NHS Charities  
NHS staff, volunteers and patients  
impacted by the COVID-19 crisis.  
Together, let's show our respect and  
gratitude as NHS staff, volunteers...

If you don't want to watch the whole video, listen from 6 mins 15 for Captain Tom's advice. This too shall pass.

<https://www.bbc.co.uk/news/av/uk-52312019/coronavirus-the-story-of-captain-tom-s-walk>

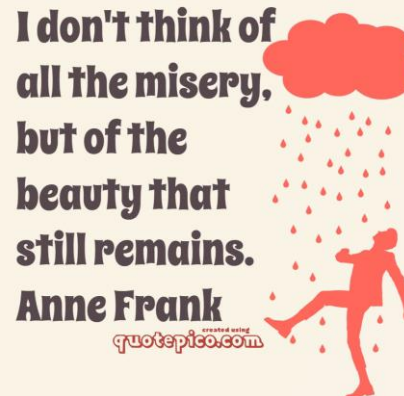
**STAY AT  
HOME**

**PROTECT THE NHS**

**♥ save lives**



- Don't be afraid to reach out if you need a bit of support.



- Till next week CVCC, stay safe.

**unicef**  
UNITED KINGDOM



**RIGHTS  
RESPECTING  
SCHOOLS**