



King's Academy Ringmer

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Well-being Weekly

First Edition

In pursuit of excellence

March 2020

WELL-BEING WEEKLY NEWSLETTER



In this time of uncertainty, we hope to be able to regularly share with you some ideas to support the well-being of our whole community: staff, students and parents. Many companies and people have offered resources for free to support people in maintaining a calm and positive outlook. In this newsletter we aim to offer you our best advice in ways to navigate these unusual times.

Please do email me at louisa.loney@kingsacademies.uk if you have any suggestions for future editions.

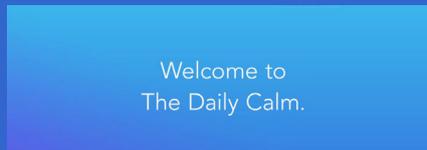
SWITCH OFF

Understandably, people are feeling more stressed and anxious at the moment.

We are having to restrict who we see and our daily lives have been turned upside down. There is no better time to take advantage of some of the apps available to support mindfulness. Both Calm and Headspace have released free content.



Calm is offering resources to all including meditations and masterclasses in mindfulness. Meanwhile, Headspace is offering a collection called weathering the storm which includes meditations, sleep and movement exercises.



LEARN A MUSICAL INSTRUMENT

Fender is offering its online guitar courses free for three months so if you've got a little time on your hands and access to a guitar, now could be the time to learn a new skill.



STAY PHYSICALLY ACTIVE

As we all know, a little light exercise can do wonders for our mental wellbeing but, due to Government restrictions and the closure of gyms and swimming pools, we are all having to be a little more creative with how we can keep physically fit. Please see below for some possible solutions -



Actor Chris Hemsworth has made his fitness programme, Centr, free for six weeks. It includes workouts with 'world class' trainers, meal plans and

mindfulness exercises. This is your chance to look like Thor!

Davina McCall's 'Own Your Goals' fitness programme is also free for 30 days. This programme includes lots of different classes such as HIIT, boxing and dance.



Don't forget that Joe Wicks is also broadcasting a daily workout on his YouTube channel every week day morning at 9. It's a great one for all ages and does really make you ache the next day!



GET CRAFTY

Mary Jane Baxter is a writer and craft expert. She runs textile and millinery courses across Europe and writes and reports on fashion, craft and creativity for BBC television with her latest appearance as a judge on BBC's Paul Martin's Handmade Britain. Visit 'Mary Jane Makes' for lots of craft activities. These are ideal for students to perhaps do with a younger sibling. Here Mary Jane makes a butterfly -



SING WITH GARETH MALONE



NATIONAL THEATRE PRODUCTIONS streamed for free on YouTube

Audiences around the world can stream NT Live productions for free via YouTube



BAKE!

Perhaps not the healthiest but these chocolate fridge cake bars from the Hummingbird Bakery are delicious. They are also really easy to make so perfect for young people to prepare for their families. Here's what you'll need -

400g unsalted butter
200ml golden syrup
100g cocoa powder
800g digestive biscuits broken into small chunks
200g raisins



A 33 x 23 x 5 cm baking tin lined with greaseproof paper

Makes 12 very generous portions - half the recipe if you want a smaller amount

Put the sugar, golden syrup and cocoa powder in a large saucepan over a medium heat and heat until melted and smooth, stirring occasionally.

Put the biscuit chunks and raisins in a large bowl and pour in the chocolate mixture. Mix with a wooden spoon until everything is well mixed and the biscuits and raisins are evenly dispersed.

Press this mixture into the prepared baking tray, using a tablespoon to flatten and compress it. Cover with a sheet of greaseproof paper then a tray covered in jam jars or tins to apply pressure on the cake and compress it even more. Leave to cool completely, then refrigerate for a couple of hours, or overnight if possible.

FREE YOGA LESSONS

Free yoga lessons for all students and teachers until 1st July 2020



SAVE MONEY SHOPPING!

Discount for the education sector. This includes shopping, travel, mobiles and many more things we can't do right now.

