

Cheshire House

Prayer and thought for the week-

God our redeemer,

You have delivered us from the power of darkness
and brought us into the kingdom of your Son:
Grant, that as by his death he has recalled us to life,
so, by his continual presence in us he may raise us to
eternal joy;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen.



Last week I asked you to try to brighten someone's day perhaps with just a smile but this week I am asking you to be reflective. Most of us still don't know when we will be back in school and although some are coping and adapting well to the new circumstances and the different ways of working, for many these are challenging and difficult times. Monday the 18th through to Sunday 24th of May is Mental health awareness week. It is more important than ever that we consider very carefully and reflect upon our mental health. For most of us it is probably something that we take for granted and may not even think about but research indicates that 10% of children and young people have some mental health issues but this figure rises to 1 in 4 people if we look at the total population.



The current circumstances with the lockdown, working from home and the threat posed by Covid19 is having a definite on mental health. The response will of course vary from person to person, but the social isolation, stress, worry and associated anxiety is a real issue for



lots of people. The theme of mental health awareness week is kindness, which is one of our core school values, however, kindness isn't just something we should demonstrate to others, it has been suggested that we also need to be kind to ourselves. Consider the image alongside, in the current circumstances are you just about surviving or are you thriving? If you reflect honestly on how

you are feeling and think you are struggling then you might benefit from simply talking to someone and there are plenty of people who are available to help. Form tutors or your learning mentor are possible options if you feel unable or unwilling to talk to family or friends. If you want someone with a bit of distance who might be more objective then there are plenty of organisations out there who are willing and able to help.

<https://mentalhealth-uk.org/>

<https://www.herefordshire-mind.org.uk/>

If you haven't already then it could be time to think about what you could be doing to support the 2.6 challenge for many charities the lockdown has significantly reduced their incomes and our school charity St. Michael's hospice is no different. So, if the school work is done and you need a new challenge then get busy.

It could be a cooking or baking challenge:

I have continued with baking sourdough bread and this week this expanded into making sourdough pizza. The results have now been eaten and got good reviews, so if you fancy trying something new you could start by making a sourdough starter. It sounds difficult but it's a simple mixture of flour and water and there are loads of instructional clips on YouTube that tell you what to do and show you what it should look like.

Recipe Suggestion

Sourdough pizza is really easy:

100 grams of sourdough starter

250 grams of plain flour

½ teaspoon of salt

¼ teaspoon of dried yeast

25 grams of cooking oil

160 ml of water

Simply mix it all together and leave it in the fridge for 24hrs then you are ready to go. I put mine on parchment paper, just to be sure it didn't stick. Into a hot oven 200-220°C until it's done – roughly 10-12 mins then EAT!!!



Remember

Each house will have a Just Giving page set up.

You can search for your individual house page by following this link and clicking on the search icon at the top of the page

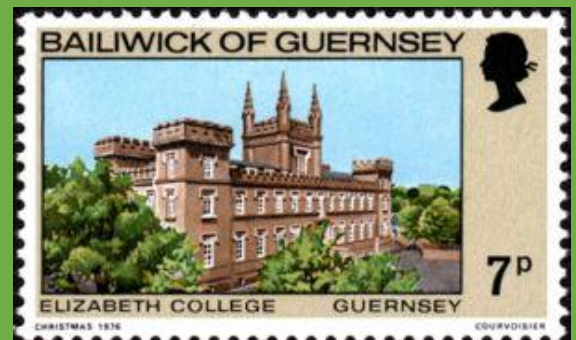
<https://www.justgiving.com/>

Search for your house i.e. - BHBS Cheshire House or follow the links on the school website or Facebook page. You can set up your own challenge (make sure it is safe and appropriate), follow this link for more information and some inspiration!

<https://twopointsixchallenge.justgiving.com/inspiration>

Finally - Just for fun.

The following fact relates to a member of staff in Cheshire House. So, the question is who worked in Guernsey at Elizabeth College for 6 years?



Lateral Thinking Puzzle



2 + 2 = Fish

3 + 3 = Eight

7 + 7 = Triangle

Explain?

Messages:

Mr Banks would like you to be aware that you can access the O.S. mapping site from home

<https://digimapforschools.edina.ac.uk/>

User: hr11uu

Password: bloots4985