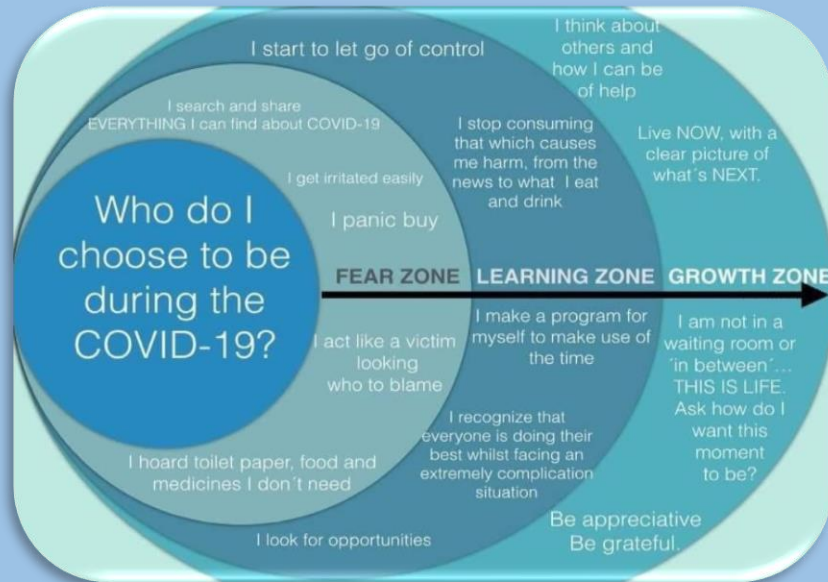


Hello everyone, I hope that you are all working hard and staying safe! This is a very strange time for us all. When times are hard, it is normal for us and those around us to worry. The best thing that you can do is to talk to your families and friends, look out for others and do your best to help your family in any way that you can. Do something that makes you laugh! There are lots of online free sessions you can join, such as music, dance, physical exercise, pub quizzes. Remember to keep yourself safe online and contact me if you are worried about this. We will be sending out this **'Well-being Wednesday'** bulletin each week, to say well done for staying positive, looking after yourself and those with you and for working hard during another week of online learning. It is also to remind you that we are still here for you as part of the WSFC community.



If you need support you can contact me or your teachers or Julie Ferman



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

You can access support and guidance online by visiting Kooth. Online support workers provide free, anonymous advice.

Lots of celebrities are putting out free workout & dance classes that you can do in your own home, such as Davina McCall and Joe Wicks below. Check out Youtube and Instagram for more.



Local gyms are also live streaming gym classes so make the most of them.



Quote of the week

Just breathe...you are strong enough to handle this challenge

Being concerned about the news is understandable and World Health Organization released advice on protecting your mental health during the coronavirus outbreak: Limit the amount of time you spend reading or watching things which aren't making you feel better. Perhaps decide on a specific time to check in with the news. There is a lot of misinformation swirling around - stay informed by sticking to trusted sources of information such as government and NHS websites.

