

Hello everyone, we hope you are all safe and well. Make sure you stay in contact with us and let us know how you are doing. Ask your teacher or tutor for help if you need it.

We would love to hear from you if you have some top tips to pass on to others that we could add to this bulletin or in our e-mails to you. It would be great to hear of things that you are doing that show kindness to others. We know that there is so much great stuff going on out there in our WSFC community, so don't be shy!



Speakers for Schools/Colleges...

We know many of you have really appreciated guest speakers and take guidance/wisdom of those with direct experience in their respective fields. 'Speakers for schools' are running a programme of talks which you can access. They cover everything from academic subjects to employment skills to mental health. Take a look, note the times and tune in. Good for your University statements and employer applications to show that the Coronavirus didn't stop you learning!

<https://www.speakersforschools.org/inspiration/vtalks/upcoming-vtalks/>

Survey

Worcestershire Healthwatch are asking for young people and parents to complete a survey about access to information and healthcare services during the Coronavirus outbreak. The link for the COVID-19 survey is

<https://www.surveymonkey.co.uk/r/HWW-Covid-19>

Keeping active and involved...

Worcester University are doing a series of webinars about study tips, for sixth form students. There is a different one each week. To find out more and sign up for one, go to <http://tiny.cc/tea-time>

For those of you who like to sing why not check out the **#croonersessions**: Alfie Boe (English tenor) & Gary Barlow

(https://www.youtube.com/watch?v=2a_9JpJiaA), JC Chasez & Gary Barlow https://www.youtube.com/watch?v=8Pncdw_EsRg are just some examples of sessions which have taken place to date. There are plenty more of them!

Why not try out some **Yoga**...www.downdogapp.com/ a great way to stay active but also relax.

Love Museums? Why not try a virtual museum tour from the comfort of your home....<https://www.timeout.com/travel/virtual-museum-tours>

Free theatre - www.whatsonstage.com have a number of stage shows, musicals and operas that you can watch for free online

Quote of the week - better to be busy than to busy worrying

STAY SAFE EVERYONE



Young Minds have lots of tips and guidance on where you can get support for your mental health during the Coronavirus pandemic

www.youngminds.org.uk

YOUNGMINDS
fighting for young people's mental health