



Going Up

Weekly Wellbeing



24/06/20

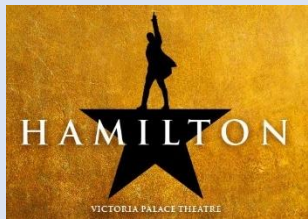
Your weekly dose of goodness to help keep you happy, healthy and mentally well



Meet the dog cover models!

Moving forward...

With things moving on and slowly turning back to 'normal' we decided to make this our last issue of the Weekly Wellbeing and focus on all things 'moving forward'. We are still around if you would like any support and look out in the future for the possibility of some more newsletters!

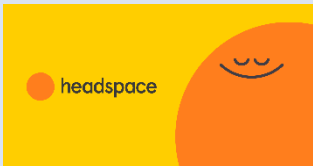
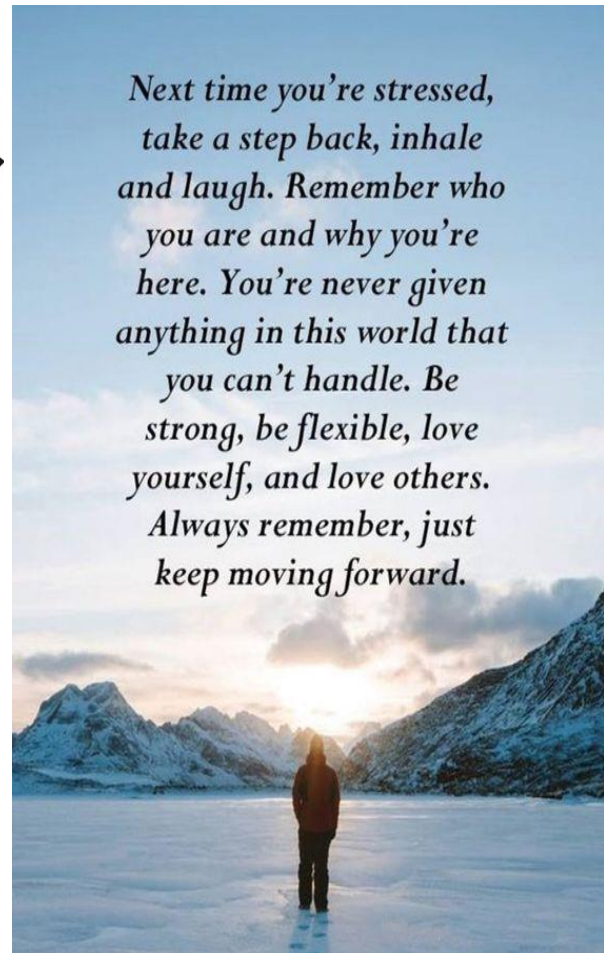


Hamilton fans! Hamilfilm is on its way, watch the trailer here!

Rise Above's tips for dealing with change:



Next time you're stressed, take a step back, inhale and laugh. Remember who you are and why you're here. You're never given anything in this world that you can't handle. Be strong, be flexible, love yourself, and love others. Always remember, just keep moving forward.



The mindfulness app, Headspace, is offering a free one-year subscription to those who have been left unemployed or furloughed due to the pandemic

A moment of reflection...

Take some time to reflect on the past 12 weeks and how you have grown or what you have learnt. Answer the following questions if you like...

What did I find difficult during lockdown?

How did I overcome this and what helped me relax?

What positive experiences have I had?

What am I looking forward to about restrictions being eased?



The micro-homes tackling homelessness in Cambridge



Something to make you smile... Sneaky cats! 😊





NEW BEGINNINGS

Yoga for new beginnings



Easy Millionaire's Shortbread (BBC Good Food)

Ingredients:

For the shortbread

- 250g plain flour
- 75g caster sugar
- 175g butter softened

For the caramel

- 100g butter or margarine
- 100g light muscovado sugar
- 397g can condensed milk

For the topping

- 200g plain or milk chocolate broken into pieces



Method:

Heat the oven to 180C/160C fan/gas 4. Lightly grease and line a 20-22cm square or rectangular baking tin with a lip of at least 3cm.

To make the shortbread, mix 250g plain flour and 75g caster sugar in a bowl. Rub in 175g softened butter until the mixture resembles fine breadcrumbs.

Knead the mixture together until it forms a dough, then press into the base of the prepared tin.

Prick the shortbread lightly with a fork and bake for 20 minutes or until firm to the touch and very lightly browned. Leave to cool in the tin.

To make the caramel, place 100g butter or margarine, 100g light muscovado sugar and the can of condensed milk in a pan and heat gently until the sugar has dissolved. Continually stir with a spatula to make sure no sugar sticks to the bottom of the pan. (This can leave brown specks in the caramel but won't affect the flavour.)

Turn up the heat to medium high, stirring all the time, and bring to the boil, then lower the heat back to low and stirring continuously, for about 5-10 minutes or until the mixture has thickened slightly. Pour over the shortbread and leave to cool.

For the topping, melt 200g plain or milk chocolate slowly in a bowl over a pan of hot water. Pour over the cold caramel and leave to set. Cut into squares or bars with a hot knife.

SIMPLE SELF-CARE THINGS

@myselflovesupply



Fresh flowers



Inspirational books



Indoor plants



Wholesome hobbies



Personal journals



Kindness reminders

A thank you & well done

We wanted to say two things, firstly a big thank you to everyone for your lovely feedback for our newsletters over the past 12 weeks, we are so happy that we have been able to help through each one and we really enjoyed creating them!

Secondly, a big well done to you! To all the school staff, parents and young people who have all worked incredibly hard during this time, whether it be keeping the school running, looking after your children or learning from home and all the other amazing work that is still being done by each of you! You've all proved how amazing you are 😊

Thank You

A reminder of where you can go if you need to speak to someone:

- Kooth: <https://www.kooth.com/>
- CAMHS: 01865 901 951
- Samaritans: 116 123
- Childline: 0800 1111
- Shout: TEXT 85258



To give feedback on our resources, please follow this link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzLrNkWUuWHRBtLXGI7uvtHBe1x5BovaiVxv7VzJUODIXRUIIUEVRSkZTTkZNMDBQWIFKQ0JNNC4u>