

Avanti Fields Wellbeing Weekly



Welcome to our Avanti Fields Wellbeing Newsletter. In this communication with parents and carers , we aim to bring together our whole school community by working together and sharing ways to support our young people and their families in such unprecedented times.

We understand the last week has brought a dramatic shift in focus for most of us. All of us are adapting to a variety of new routines. This shift is proving no easy task for any of us so please take your time to read through the ways we hope to ease the transition and provide a holistic approach to this unique situation.



Avanti Fields Home Learning

Whilst routine it important, it is also wise to take a balanced and holistic approach.

All students will have received an alternative activities timetable from Mrs Trivedi this week to supplement their learning.

Reading is a great way to maintain effective learning. Alternatively if you would like to listen to a story , find link here to free audio books available to all students <https://stories.audible.com/start-listen>



Looking After Our Mental Health

Family time - Spend time watching a film or enjoy playing a board game / a jigsaw together.

Exercise – Challenge yourself with this free Sports Leaders programme.

<https://www.sportsleaders.org/qualifications-programmes/covid-19-support-resources-raising-resilience>

Yoga- Look on Doodle for Yoga ideas and exercises.

Wise Words – See below for ways to shift our mindset in times of uncertainty.



Spiritual Insight

All students will receive a weekly Kirtan arranged by Mr Patel and Mr Gajjar below are links to the first ones sent , for your reference.

https://www.youtube.com/watch?v=Lsz7m_USPqY&safe=active

The 'Govindam prayers' we sing when we greet The Deities of Sri Sri Nitai Gaurachandra (Sri Sri Gaura Nita).

Student Corner

Well done and a big shout out to all our students for their amazing efforts and dedication to their learning

Just look at this Gaudi creation from one of our Year 8 Students.



Shifting our mindset ...



AVANTI FIELDS

Instead of...	Look at it like this...
I'm stuck at home	I am SAFER in my home right now and can spend some time with my family. This time gives me an opportunity for self development and quality learning.
I could become unwell	I will follow government advise and self isolate and be sensible and wash my hands regularly. This will significantly decrease my chance of getting ill.
I will run out of some items during self isolation	People around me are prepared for this; my school, my family, my government and the UK system. I have the things I need for now.
Everything is shutting down	The most important places such as supermarkets, pharmacies, schools and medical centres remain open.
There is so much uncertainty right now	I can't control the situation around me at the moment but I can control my actions. Personal development, learning, getting enough sleep, considering my nutrition and doing some activities I love will help me during this time.