



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

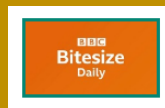
Avanti Fields Home Learning

This week all subject teachers have set new home learning tasks to complete via Doodle and Quizlet. Please ensure your child checks these platforms daily and engages with the relevant work set.



To further support your child's learning at home.

BBC Bite size daily lessons – you can now access daily lessons from BBC Bite size. Hosted by a range of celebrities and teachers. David Attenborough will be giving Geography lessons, Science from Professor Brian Cox, learn Spanish with Sergio Agüero.



Spiritual Insight

Follow the link below to the weekly Kirtan as arranged by Mr Patel and Mr Gajjar.

<https://www.youtube.com/watch?v=cGzinm9A47A&safe=active>

A beautiful wellbeing message from a Prefect at Avanti House Secondary school

<https://www.dropbox.com/s/zr5s60riqt7zphx/Prefect%20Message.mov?dl=0>



4 Ways to Support SEND Wellbeing during Closures

The structure, familiarity and predictability of school offers comfort to most young people, but for some students with additional needs, school also plays a pivotal role in their wellbeing. So, what can we do to ensure the wellbeing of learners with SEND?

1. Collaborate

It's more important than ever that we work together, schools and parents/carers.

2. Create a routine

Where possible, try to surround them with familiarity. Whilst isolating at home try to follow the usual morning routine. Get up at the same time, breakfast, get ready (even put on school uniform – if that helps) and then start learning. Create a “school area” or an “office” if you have space at home.

3. Communicate

Keep it simple: what is happening, why is it happening, how should they respond (for example, by staying calm and taking sensible precautions, such as hand washing). For younger children, drawing pictures may help – stick people will suffice. The [British Psychological Society](#) has some great advice.

4. Camouflaged learning

Get your child learning without them even realising. For example, get your child to create their own tuck shop, where they bake the goods to be “sold” and price them. They will be doing maths without even realising it (measuring, ratios, money, calculations etc.) – you could also get them to advertise their shop and practise their persuasive writing.



Wellbeing at home. Set a routine for the day



Student Home Learning



Thank you for all your fantastic efforts

Supporting home learning routines

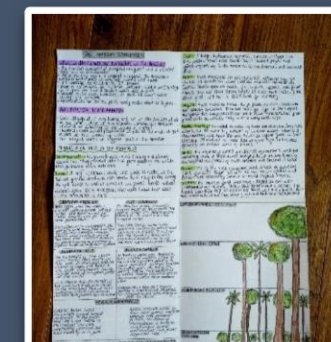
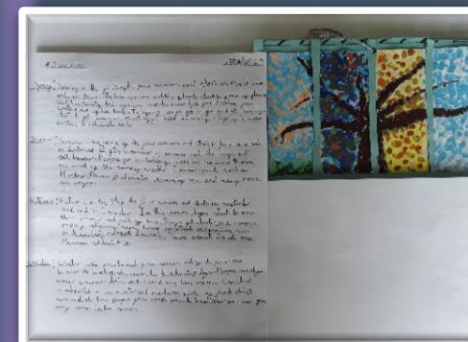
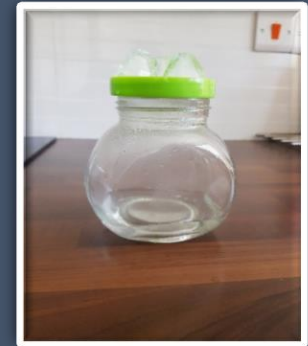
Planning the day



Consistent routines are important for behaviour and wellbeing in school and our routines at home have changed significantly. Routines support behaviour and you will be finding a new rhythm with your family. You could share this checklist with your child. Talk to them to help them plan their new routines.

The importance of simple approaches as part of a regular routine is key recommendation 4 of the EEF's guidance report [Improving Behaviour in Schools](#)

	M	T	W	T	F
I woke up at a good time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I did some exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I had regular meals and drank water.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoyed some reading in a quiet space.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I practised a maths skill.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I completed some school work at my work space. I chunked it so I had some breaks too.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I talked to my family about my day and how I am feeling. I asked them about their day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I helped with a household job and talked to my family while I did it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I contacted my friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I spent some time on my creative hobby.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My parent/carer told me what I did well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My goal:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My goal:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Advice and Support

Follow the links for ways to support your child at home, at this time:

C19support@leicester.gov.uk

<https://epicleics.com/epic/home-learning>

<https://epicleics.com/epic/documents/COVID19/Anxiety/De-stress%20Apps.pdf>

For practical support and help at this time:

<https://www.trusselltrust.org/get-help/find-a-foodbank/leicestersouth/>

Keep Calm, Happy and Healthy with Yoga

Yoga and Pilates

Many companies are now offering streamed online yoga , here are just a few to check out:

[CorePower Yoga](#) – US based yoga chain broadcasting on YouTube at 2pm and 7pm GMT

[Vinyasa flow yoga](#) – Suitable for all fitness levels

[Yoga With Adriene](#) – 30 day program

[10 minute morning yoga](#) With Sara Beth Yoga

Alternative Activities

Click on the links for a complete package of activities / new skills to develop and enjoy at home with your family

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

https://www.scouts.org.uk/the-great-indoors?utm_source=twitter&utm_medium=traffic&utm_campaign=staticcopy3



AVANTI FIELDS

Please visit the Avanti Fields website for more useful information and notices to support you and your family during school closure

<https://avanti.org.uk/avantifields/coronavirus-updates/>

