



Health and Wellbeing Hub Newsletter

We hope you had a good break over February Half Term.

Covid Update

From 24th February 2022, whilst staff and students in most education settings are no longer asked to test twice a week, this is not the same for Special Schools. All students in Year 7 and above, and all staff must continue to carry out a Lateral Flow Test on Monday and Thursday mornings before school, and to report the result on the Government Lateral Flow testing reporting site, stating William Henry Smith School (HD6 3JW).

Link: <https://www.gov.uk/report-covid19-result>.

Children and young people, and staff with Covid-19 should not attend their education or childcare setting while they are infectious. They should take a lateral flow test from 5 days after their symptoms started (or the day their test was taken if they did not have symptoms) followed by another one the next day. If both these test results are negative, they can return to the setting as long as they feel well enough to do so and do not have a temperature. Anyone with Covid-19 who does not wish to take lateral flow tests should stay at home for 10 full days.

Covid-19 will be a feature of our lives for the foreseeable future, and so we need to learn to live with it and manage the risks to ourselves and others.

Vaccinations

On Wednesday 16th March, a team from the Calder and Ryburn PCN will be onsite to deliver the Covid vaccinations to all students, and any staff who have not yet had their three doses of the vaccine. If you have any questions, then please contact the Health and Wellbeing department.

Please look out for an email with a consent form attached for your child to have the opportunity for a Covid vaccination in school. Some children may have already had the vaccine outside of school, if this is the case, please inform the school nurse, Sara Hill, about this so that she can update her records.





Wellbeing

Looking at yours and your children's mental health and wellbeing, is a topic that has recently been highlighted so much more due to the pandemic, social media and current affairs around the world. It is a topic that should always be treated as importantly as physical and social wellbeing, as we are a whole being and one can easily impact the other.

The School Nurse is available in school to discuss any concerns around the children's mental health and wellbeing.

Here are some links with some ideas of how to support children throughout their childhood:

<https://www.nhs.uk/.../supporting-others/childrens-mental-health>

<https://www.youtube.com/watch?v=Wcm-1FBrDvU>



Physical Exercise

Now Spring is nearly here, this is just a reminder that an hour a day of physical exercise is recommended for all children and they should be encouraged to do this. This will help their development and growth, along with a healthier heart and reduce the risk of developing Diabetes. Vitamin D is sourced from the sun and fresh air is important for everyone. Many individuals can have reduced Vitamin D in the UK due to the reduced sunlight, especially in Winter. Vitamin D helps with the immune system, growth and bones.

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines>

Our staff and students have been participating in a variety of physical activities during Quality of Life sessions and in care time.

- 7 students have been fitted with a bike to use in bike and road safety classes
- Boys in Mozart have been partaking in weekly swimming sessions
- In January four staff teams took on the challenge to walk 10,000 steps each day
- 3 students from Newton house have been working hard in the multigym to improve their overall fitness and build a healthy relationship with movement





January Step Challenge

During January the QoL team held a team step challenge to walk the number of steps it would take to run a marathon, every day for the entire month of January. This worked out at 11,100 steps per team member per day.

On the completion of the challenge we finished with four teams who all completed the required number of steps.

These were the;

- Office Bolters
- Walkie Talk
- The Gut Busters
- Red Hot Chilli Steppers

A prize draw was completed and the "OFFICE BOLTERS" consisting of Tamara Pearcey, Sarah Wynne, Holly Moore, Emily Marshall, Jen Clegg and Kath Binns were drawn as the winners.

There are some great benefits to increasing your activity levels such as, weight loss, improved mood and increasing productivity, just to name a few. Why not set yourself a step challenge and feel the benefits for yourself?

Well done to everyone that took part in the January challenge.



Fun Fitness Fridays

As part of the QoL offer the boys have had the opportunity to take part in the Fun, Fitness Friday activity session which runs on a Friday afternoon and gives the students the opportunity to be physically active by playing a range of fun games and taking part in a number of physical activities.

The sessions have been running for a number of weeks now and the boys have attended consistently in very good numbers. Over the weeks we have enjoyed playing a range of games including, football, badminton, dodge ball, capture the flag and basketball just to name a few.

The sessions have given the boys the opportunity to burn additional calories, build team work and communication skills. This will hopefully have a long term benefit to improving their fitness levels, improved mood and increased self-esteem.





Harvey – Work Experience

Harvey has been enjoying his work experience placement working in a health and wellbeing setting at Ultra Gym, he has been learning about what it takes to work in the fitness industry and run your own business.

Harvey has been working through a “Trainee Gym Instructors Course” which looks at screening potential clients, writing training programmes and delivering exercises.

Harvey then observed the delivery of two PT sessions, observing how to teach, demonstrate and deliver exercises for a clients to follow. One of the PT sessions was particularly interesting as the client was in a wheelchair, this gave Harvey the opportunity to see how exercises can be altered/progressed for different clients abilities.

After observing the PT sessions, Harvey got the opportunity to take a real-life client through a warm up routine which he had planned himself on his first day of work experience. Harvey gave clear instructions and fantastic demonstrations of all the exercises which he had planned. The client later commented on how confident Harvey was for someone so young which is fantastic.

Harvey has been a great ambassador for William Henry Smith School at Ultra Gym, extremely chatty with gym members as well as being willing to listen and learn.



Bailey – Work Experience

Bailey has been doing his work experience in the school kitchen with Ross. He has learnt how to make coleslaw, learnt to use a knife correctly and safely, made pack ups, grated 5kg of cheese, helped transport lunch to where it needs to go and served lunch in the assembly hall to students and staff.

Bailey has worked very hard in the kitchen and had a superb attitude and a great outlook on the jobs he has been doing.





Food, Mood and Concentration

As the world has changed drastically since the start of the pandemic, it may well be your diet has too. This is because the food you eat really does affect your mental wellbeing. By eating regularly, you will keep your blood sugar levels consistent. When blood sugar drops, it leads to tiredness and irritability, If your blood sugar spikes, this will be followed by a dip and you'll be hit by these issues. Eating erratically might be doing more harm than just leaving you with a rumbling tummy.

As a school we have created a working group to look at the link between food, mood, concentration and memory, and embed the importance of this into our daily lives. We have purchased new plates for the students to use in houses which show the recommended portion sizes of carbohydrates, protein and fruit and vegetables. We have revamped the lunch and evening meal menus which are now on the website too. In February, we celebrated the Chinese New Year with a Chinese-style chow mein and spring rolls. This month we will be celebrating St Patrick's day at lunch time.

March 2022 Campaigns and Awareness Days:

- International Women's Day - 8th March
- No Smoking Day - 10th March
- World Sleep Day - 18th March
- International Day of Elimination of Racial Discrimination - 21st March
- Neurodiversity Celebration Week - 14th-20th March
- Mother's Day - 27th March
- International Transgender Day of Visibility - 31st March



April 2022 Campaigns and Awareness Days:

- Stress Awareness Month
- World Autism Awareness Day - 2nd April
- Stephen Lawrence Day - 22nd April

Thank you and we hope you enjoy our newsletter - look out for the next one!

Andrea and Sara

