

Safeguarding Support and Information from The Hub

Bulletin 4

Week 4 of our latest National Lockdown already. I hope you and your child(ren) are coping well and enjoying the schools provision of on-line learning, assemblies and exercise regimes. We hope you are also managing to have some family time, exercise and that all important fun as well. Hopefully Spring is just around the corner we are beginning to see the sunshine again so let's hope for some nicer weather which will make getting some daily exercise a bit easier, and when the sun shines the world seems a much brighter place!

A mixed bag of support and advice this week which we have pulled from various resources that are available for us all.

As always don't forget that you have the support of safeguarding staff via email at admin2@buckswood.co.uk or your child can contact us via Microsoft Teams @safeguardingofficer. For academic queries please contact your child's Head of Year, for IT support please contact our IT Manager at ict@buckswood.co.uk and our School Nurse is also available via email nurses@buckswood.co.uk



mental wellbeing support plan based on the answers that you have given. Can be used for parents and young people. Get the link here https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Paid_Social&WT.mc_id=EmpowerJan2021&fbclid=IwAR1T7ZbqmYs2HvOzR3X_ReaMqN78yVh8MH2QdioTJHrSS3fH_8UQb8HIXpl%2Baem_Abim1rHir6PbSML6ExAtVxE0U-tx8tcubGysUvdFdxWGDwYxsRd_qkvKKz05RJcgB2LcEGX43CQbIAvflLuWa-T2uSxQK6S9EJYmguzCnhm2iw

NHS Mind Plan

The NHS have put together a Mind Plan, simply answer 6 multiple choice questions honestly and it will create a



How to get remote schooling right : New Live Show

I'm sure as a parent you have many questions about your children's education right now – Parent Zone have launched a Remote School SOS, a weekly live show on YouTube that will hopefully bring you some answers. Episode 1 aired on Thursday 21st January but is still available to watch on YouTube, this first episode covers how much work should children be doing and how to improve your Wi-Fi and more. Click this link to watch episode one and Tune every Thursday at 6pm for more episodes. <https://youtu.be/RyFaWtvJaJ8>



Lockdown Advice Hub

Parentzone have created a lockdown hub packed with articles about parenting during the pandemic, covering everything from internet safety to screen time and the best educational websites.

Click here [https://parentzone.org.uk/lockdown-advice-and-](https://parentzone.org.uk/lockdown-advice-and-resources?utm_source=Parent+Zone+Newsletter&utm_campaign=97e3d9057c-EMAIL_CAMPAIGN_allat17sept_uk_COPY_01&utm_medium=email&utm_term=0_1ee27d9000-97e3d9057c-179247841)

[resources?utm_source=Parent+Zone+Newsletter&utm_campaign=97e3d9057c-](https://parentzone.org.uk/lockdown-advice-and-resources?utm_source=Parent+Zone+Newsletter&utm_campaign=97e3d9057c-EMAIL_CAMPAIGN_allat17sept_uk_COPY_01&utm_medium=email&utm_term=0_1ee27d9000-97e3d9057c-179247841)

[EMAIL_CAMPAIGN_allat17sept_uk_COPY_01&utm_medium=email&utm_term=0_1ee27d9000-97e3d9057c-179247841](https://parentzone.org.uk/lockdown-advice-and-resources?utm_source=Parent+Zone+Newsletter&utm_campaign=97e3d9057c-EMAIL_CAMPAIGN_allat17sept_uk_COPY_01&utm_medium=email&utm_term=0_1ee27d9000-97e3d9057c-179247841)

Your Body on Walking

Ridiculously simple, astonishingly powerful, scientifically proven by study after study: Sneaking in a few minutes a day can transform your health, body, and mind. Why are you still sitting?

- BRAIN:** Just 2 hours of walking a week can reduce your risk of stroke by 30%.
- MEMORY:** 40 minutes 3 times a week protects the brain region associated with planning and memory.
- MOOD:** 30 minutes a day can reduce symptoms of depression by 36%.
- HEALTH:** Logging 3,500 steps a day lowers your risk of diabetes by 29%.
- LONGEVITY:** 75 minutes a week of brisk walking can add almost 2 years to your life.
- WEIGHT:** A daily 1-hour walk can cut your risk of obesity in half.
- HEART:** 30 to 60 minutes most days of the week drastically lowers your risk of heart disease.
- BONES:** 4 hours a week can reduce the risk of hip fractures by up to 43%.