

# Your



# Matters

Welcome to the latest edition of our Wellbeing newsletter!

March has been the busiest month for us all at The Buckingham School! We started by welcoming all our students back and it was so good to see everyone and have our classrooms bursting with energy and optimism once more!

March has also been significant in other ways too. Not only did we have Mother's Day, we also had International Women's Day on the 8<sup>th</sup>, World Sleep Day on the 12<sup>th</sup> and on the 23<sup>rd</sup> we marked one year since the start of the first National Lockdown with a National Day of Reflection...find out more below...

Here at Wellbeing Headquarters, we love March as it also sees the beginning of Spring, with longer days and the promise of warmer weather. Easter is now just around the corner and further on, you will find a yummy Easter recipe to have a go at.

Wishing you all an enjoyable, restful Easter break...

March 8<sup>th</sup> is International Women's Day: What is it and why do we celebrate it?



It's a global day that celebrates the social, economic, cultural and political achievements of women. International Women's Day was first celebrated in March 1911. Groups come together worldwide to celebrate women's achievements, raise awareness about women's equality and lobby for gender parity. This year's theme is #Chooseto Challenge:

"A challenged world is an alert world. Individually, we're all responsible for our own thoughts and actions - all day, every day.

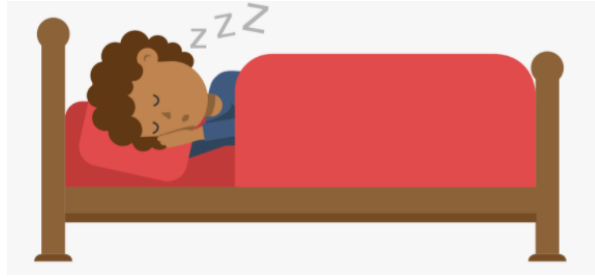
We can choose to challenge and call out gender bias and inequality. We can choose to seek out and celebrate women's achievements.

Collectively, we can all help create an inclusive world.

From challenge comes change, so let's all choose to challenge"

For more information see - [www.internationalwomensday.com/2021Theme](http://www.internationalwomensday.com/2021Theme)

Wednesday 12<sup>th</sup> March is World Sleep Day, so let's take a look at sleep...



A good nights' sleep for an average adult is 8 hours and for a teenager, it's around 10 hours. We all know that if we don't get enough sleep, it can make us feel tired, lethargic and grumpy. This can also lead to other problems such as heightened anxiety, poor concentration and disruptions to our eating habits. All combined can make us feel really quite rubbish.

Here are some top tips to help with a good nights' sleep:

Try to establish a routine by going to bed and waking up the same time every day. Try not to have a long lay in at the weekend – this disrupts your sleep patterns and rhythms.

Aim to relax before you go to bed: take a warm bath, listen to some calming music. Check out some apps – Calm or Headspace for relaxing ideas. Meditation, muscle relaxation, mindfulness.

Try to get some exercise in every day. This is also great for your mental health. But not too close to bedtime!

Think about reducing stimulants: Don't drink coffee or tea into the evening. Avoid food or drinks that are high in sugar. Lights and devices can be stimulating to our minds. Try to avoid the use of screen an hour or 2 before bed. Adjust the settings on your devices to reduce the light – go to dark mode, or change the brightness.

If you find your thoughts are racing around your mind as you are trying to get to sleep, try writing them all down. If you wake up in the night, keep a notepad by the side of your bed so you can write them down. This can help settle your mind of distractions

Make sure your bedroom is sleep friendly and comfortable. Make sure your room isn't too hot or cold. Do you sleep better with a darker room, or a lighter room - what works best for you?

And if you find that you have worries that are preventing you sleeping, or are worried about your sleeping, please talk to somebody about this.

Tuesday 23<sup>rd</sup> March is National Day of Reflection



On 23<sup>rd</sup> March, it'll be one year since the start of the first UK lockdown. Since then, millions of people have been bereaved, both as a result of Covid-19 and due to other causes. The restrictions we've all been living under have meant that many of us – including children and young people – have had to grieve without the comfort of having friends and family around them. The National Day of Reflection will give us a time to unite and reflect on this tragic loss of life and our collective grief as a nation.

As well as reflecting on the grief of the past year, the National Day of Reflection is also about hoping for a brighter future. Planting a tree or sowing seeds in the hope of beautiful blooms in months to come is one way to do this. Perhaps you'd like to dedicate a tree or flower bed to the people your school community has lost in the past year?

Take a minute to reflect and a moment to connect.

## Easter

This year, we break up for Easter at the end of Thursday 1<sup>st</sup> April and return to school on Monday 19<sup>th</sup> April.



What's your favourite egg?!! Maltesers is definitely my winner!!



This issue's Top Tip comes from Mr Fox...

Forest bathing - basically just being in the presence of trees - is scientifically proven to lower heart rate and blood pressure, reduce stress hormone production, boost the immune system and improve overall feelings of wellbeing. So the next time you go for a walk, try to pick a route with plenty of trees!



## Favourite Recipe #2

### Easter Rocky Road Bites



#### Ingredients:

225g [dark chocolate](#), broken into pieces  
100g [unsalted butter](#), cubed  
2 tbsp cocoa powder  
2 tbsp [golden syrup](#)  
100g rich tea biscuits  
50g mini marshmallows  
50g [dried cranberries](#)  
200g chocolate mini eggs

#### Method

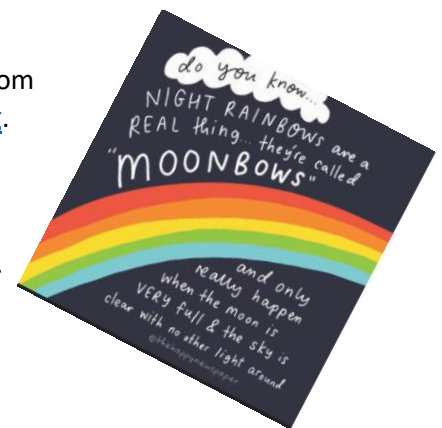
- Line a 20 x 30cm traybake tin with 2 sheets of cling film (in a criss-cross pattern). Put the chocolate and butter in a large bowl set over a saucepan of gently simmering water, and melt until smooth and glossy.
- Remove from the heat and add the cocoa powder and golden syrup. Mix together until fully combined and leave to cool at room temperature for about 15 mins.
- Put the biscuits in a freezer bag and use a rolling pin to bash them, leaving some pieces chunkier than others. Stir into the cooled chocolate with the marshmallows, cranberries and 150g of the mini eggs.
- Pour the mix into the tin and press down with the back of a spoon until even. Scatter over the remaining mini eggs, pressing them in a little, and leave to set in the fridge for 1 hr.
- Remove from the tin and cut into bars to serve. Will keep for up to 1 week in an airtight container.

Anyone can contribute to our newsletter, whether you are a member of staff, student, parent/carer, friend or relative! If you have a Favourite Recipe, Top Tip, link or video which you would like to see featured in our Wellbeing Newsletter, we'd love to hear from you! Please send your submissions by email to [pmatthews@buckingshamschool.org](mailto:pmatthews@buckingshamschool.org).



We're always here to listen. Don't bottle it up - get in touch...

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#### Useful Websites...

[Youngminds.org.uk](http://Youngminds.org.uk) – [Giveusashout.org](http://Giveusashout.org) – [Childline.org.uk](http://Childline.org.uk) – [Calmharm.co.uk](http://Calmharm.co.uk) – [Stem4.org.uk](http://Stem4.org.uk) – [Kooth.com](http://Kooth.com)

