



# Jubilate's Chatterbox

24 May 2021



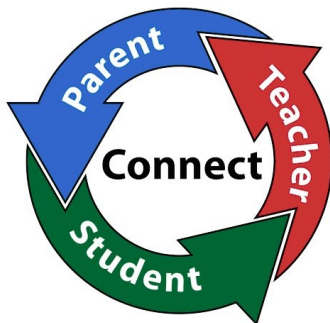
As you are all aware winter has arrived. The morning temperatures are really cold and it warms up throughout the day.

At this stage all the children should be dressed in **full winter uniform**. Please do not mix and match our summer and winter uniform. The uniform shop now has stock of the boys long socks.

Although it is winter the children still have to wear a hat when they are outdoors.

**Parent consultations** will take place, via zoom, from the 7 to 10 June. The educators will let you know on which day and a choice of times, so please keep a look out for an email from the educator. Bear in mind that time limits are restricted to 10 minutes and thereafter if you need longer another time will need to be set up.

Grade 5 to 7 will have one meeting with all the educators that teach your child, on the platform.



GOOD NEWS

As a bit of respite we have decided not to charge the **cultural levy** this term. There is

still money available from last terms levy and we are therefore passing this on to you as parents.

The computer levy is still applicable for this term.



We will be continuing our co-curricular programme as per the timetable sent out for Term Two. In the case of sport there will no longer be matches played against other schools, until further notice.

All co-curricular activities will adhere to strict COVID-19 protocol.

### 10 THINGS STUDENTS CAN DO TO BOOST THEIR MENTAL HEALTH

 <p><b>Mind and Body</b> Look after your body as well as your mind. Eat a well balanced diet, keep hydrated and get into a regular sleep pattern.</p>	 <p><b>Exercise</b> Engage in regular exercise. Find a sport or activity that you enjoy. Exercise is a great tool for improving mood and reducing stress and anxiety.</p>	 <p><b>Organisation</b> Manage your time effectively. Stay organised and on top of things. This will help to reduce pressure.</p>
 <p><b>Self Care</b> Practice self care. Make sure to look after yourself. Relax, smile, have a bath, go for a walk and do something you enjoy.</p>	 <p><b>Talk to someone</b> Don't be afraid to talk to someone about how you are feeling. Talk to your friends, family or teachers.</p>	 <p><b>Challenge</b> Try to challenge your thinking. If you experience an unhelpful thought try and turn it into a helpful thought.</p>
 <p><b>Breathing</b> Learn how to breathe effectively. Practice a number of techniques and find what works for you: calm breathing, deep breathing, progressive muscle relaxation.</p>	 <p><b>Write down</b> Write down how you feeling or what you are thinking. This can be a really simple way to understand what is going on within your mind and body.</p>	 <p><b>Check in</b> Regularly check in with yourself. Monitor your emotions and mood.</p>
 <p><b>Problem solve</b> Learn how to problem solve effectively. When you experience a problem try and write down a number of solutions.</p>		