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Well Being Matters

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Hi, welcome to our first weekly newsletter all about your well being, helping to make sure that you're all coping well in these very strange times. Seeing as you're not getting weekly assembly or tutor time which is when many of you have chance to share your concerns and worries, we wanted to make sure we share some information with you and give you chance to pass on your worries about your well-being.

Mrs Meredith :-)

You and your family may want to create a jar of wishes—things you wish you could do, or places you wish you could go. Once this is all over you may then want to choose one to do as a family. So far in mine, we have a trip to the City Ground to see Forest and a walk on the beach with our new puppy!



Your worries:

If you do have any worries or concerns and cannot contact your tutor, we have set up a new email address. These emails will go to myself, Mrs Nettleship and Mrs Best, as we are still here to help:

wellbeing@themanor.notts.sch.uk

UNICEF have offered 6 top tips for helping teenagers protect their mental health during the covid-19 outbreak. They are:

1. Recognise that anxiety is completely normal.
2. Create distractions.
3. Find new ways to connect with friends (if this is online—make sure you're safe and not posting personal info)
4. Focus on you
5. Feel your feelings (it's ok to feel sad about missing things)
6. Be kind to yourself and others

[Read the full article here](#)