



ManorAcademy
Aspire Achieve Excel

Well Being Matters

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Hi, I hope you are all well and adjusting to life under lockdown.

I know lots of you have been going the extra mile whilst at home, and it was great to see one of our Manor families in the Chad newspaper for organising special social distancing events for their street to take part in. I am going to spend some time practicing for Street's Got Talent just in case our street organises something similar. What would your talent be if your road had a competition? Stay Safe!

Mrs Meredith :-)

During the current lockdown, some people are trying to take advantage, especially online by creating scams. [See this Newsround report!](#)

Below are some useful sites you and your parents could use to make sure your settings are safe and up to date to protect you and your devices online:

[Thinkuknow](#)

[Childnet](#)

Your worries:

Remember you can contact us on this email if you need any support with your well being:

wellbeing@themanor.notts.sch.uk

The DOVE project

You may have seen on the TV lots of adverts regarding the DOVE project.

They are aiming to boost people's self esteem (against all the negativity on social media). They have 5 key messages and the first one is about 'your ideal appearance' If you have time, you can read or complete the worksheet [here](#), but if not, there is a key message and task I'd like you to remember:

REMEMBER—The way you look is not a measure of your worth. Rather than focusing on appearance, value other qualities within yourself and your peers, and celebrate your real successes in life!

TASK— Carry out a random act of complimenting someone e.g. surprise a friend with a non-appearance-related compliment.