

Sherburn High School

Helping our Wellbeing: Update 3



Update 3

We hope you had a relaxing Easter break, albeit an indoors break and are continuing to look after yourselves during this time.

[BBC Bitesize](#)

You probably will have seen on the news, but this week BBC Bitesize revealed their new Daily Lessons.

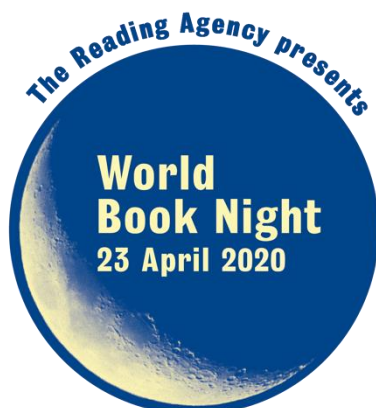
Accessed via the BBC iPlayer or via the BBC Bitesize website, this new package offers 20-minute, daily lesson videos for students to watch and engage with, tailored to their age range.

This could be a great break from independent study in a manageable chunk.

Monday	Tuesday	Wednesday	Thursday	Friday
Maths 	English 	Chemistry 	Maths 	English
English 	Biology 	Maths 	English 	Physics
History 	Geography 	Spanish 	Religious Studies 	Music

[World Book Night](#)

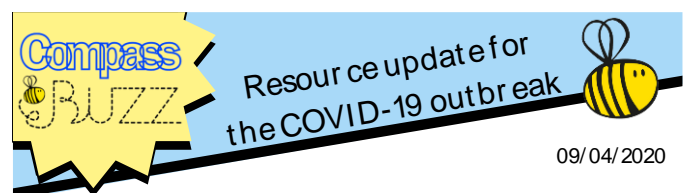
Explore this opportunity to get reading more on April 23rd – and the best part is, you don't need to dress up (unless you want to)!



Keep your mind going

Our friends at Buzz have put together another great resource we would like to share with you.

On the attached document, you will find links to activities to help students overcome boredom, as well as links to further NHS and government links to support wellbeing and home education



Please see below this week's resources; click the hyperlinks to access.
Wishing you a Happy Easter from all at Compass BUZZ.



[Easter 5 Ways to Wellbeing](#)

Use this resource to focus on wellbeing as a family at Easter. There is a scavenger hunt, a Detective Egg activity and lots more ideas!



[Coronavirus: A Book for Children](#)

Axel Scheffler has illustrated a digital book for children, free for anyone to read on screen or print out, about coronavirus and the measures taken to control it.



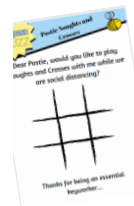
[Wellbeing Logic Puzzle](#)

Problem solving is a great way to build resilience and to achieve a sense of accomplishment.



[Postie Noughts and Crosses](#)

A lovely way to connect with a key worker in the community and to give a child a sense of purpose in bringing a smile to someone's face.



[NHS Every Mind Matters](#)

General guidance on staying well during this time which may be useful for parents and carers themselves.

[Government Guidance](#)

The Government have shared guidance regarding online educational resources for schools and parents.



Further Reading

You will also find our website a helpful page about staying healthy during the current lockdown from the "The Key for School Leaders"

