



The Oxford School Wellbeing Newsletter -4th – 7th October

Assembly
 Sunday -27th Sept
 Year 10-13 - Kindness and Empathy



Monday – 5th October
 Year 7-9 – Kindness and Empathy



Year 10-13

Circle Time Activities

Poetry performance – Students upload their video/audio of poetry that they composed or any other that they enjoy reading.

Know how personal technologies like VR, AI and AR work
 Develop critical skills to form judgements on when using or investing in technology is effective
 Students debate around emerging technologies and the potential opportunities or issues that they might create.



Year 7-9

Circle time activities

Poetry performance – Students upload their video/audio of poetry that they composed or any other that they enjoy reading.

Give examples of situations where tech can put pressure on them (e.g. read receipts, snapchat streaks, push notifications, 150 friend requests on the first day of the autumn term)

Students consider 5 popular social media sites (Facebook, YouTube, Instagram, Snapchat and Twitter) and discuss in small groups which of these they think would have the most positive/negative impact on mental health and wellbeing- Debate



Wellbeing Lessons

Year 7 to 9-Teen Tips -Resilience

Year 10-13- Managing Pressures of Life

Career Counselling Lessons

Planning towards chosen career

Self-inventory

school counselor
SPOTLIGHT

Counsellor's Spotlight

There's always something to be thankful for



There is ample research to show that deliberately focusing on the good things in our lives – practising gratitude - can improve our wellbeing. It's easy to give in to our natural 'negativity bias

as our brains strive to protect us from harm, but we can counter that by deliberately focusing on what's good, even during challenging times.

- At the end of each day, write down three good things about the day, no matter how small (a rainbow in the sky, another day without symptoms, a funny joke you heard...it's amazing what you'll notice when you pay attention!).
- Share at least one positive story with other people each day.
- Say 'thank you' for all the little things others do for you and mean it.

Counsellor's Helpline

<https://forms.office.com/Pages/ResponsePage.aspx?id=dvEukQAkc0S1ur3lxQDC3IXO7FSZJqVLsf-DCDpmOMZUNUozQ001MIE5WDdMMkFJTINEM004RUEzSy4u>

Healing comes from taking responsibility: to realize that it is you -and no one else-that creates your thoughts, your feelings and your actions-Peter Sheperd.



Wellbeing Tip!

Mindfulness helps bring us back to the present. Try some of these ideas:

- ✚ Squeeze Muscles: Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat exercise moving up your body.
- ✚ Belly Breathing: Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate).
- ✚ Mindful Meal: Pay attention to the smell, taste and look of your food. No multitasking.
- ✚ Meditation: Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath. designs.
- ✚ Listening to Music: Focus on the whole song or listen specifically to the voice or an instrument.

