

Wellbeing should be at the heart of who we are and should be a fundamental part of our lives. Never has our wellbeing been more important as we have had to cope with a third lockdown and the uncertainty ahead of us.

King's students and staff have been phenomenal in their ability to adapt to school life under covid, with social distancing, bubbles and school closure and have consistently given of their best to their studies but also to a wide range of social projects to support their school and local communities

Life in lockdown requires us to actively seek ways in which we can rest, review and recommit our energies to embracing what makes us feel happy and satisfied.

Managing our screen time is critical and in addition to adapting lessons to reduce screen time, having a break from the screen will boost our wellbeing too. As a result, we are refocussing our commitment to everybody's wellbeing over the coming weeks and we hope that we can all look to finding some new activities to partake in or indulge ourselves in our favourites be that crafting, cooking, reading or exploring!

Highlights!

Every day is a wellbeing day!

Be inspired, be revived, be engaged with the daily activities on:

Mindful Monday

Chillout Tuesday

Wellbeing Wednesday

Therapeutic Thursday

Feelgood Friday

Don't forget to visit the [Foundation Wellbeing Hub link](#)

Words for Wellbeing

Join live sessions or dip into podcasts from a range of speakers over the coming weeks, starting with Ex Cathedra and singing your way to happiness.

Wellbeing Time Out

Taking time out can revive and enhance our productivity. How do you want to spend the afternoon? Each week during lockdown themed activity ideas will enable individual and community participation or you can choose to pursue your own passions in this dedicated time off timetable.

Festival of Wellbeing

We have moved our Festival of Wellbeing to the summer term and look forward to celebrating our wellbeing with a range of talks and workshops.

What drives our wellbeing!

Each of us have different drivers and spending time discovering what these are is important for our long term happiness. What defines us, what motivates us, what engages us, what are our goals, are just some areas we should explore. Opening ourselves up to opportunities such as connecting with others and taking on activities are ways we can help ourselves to grow as a person.

Reading for pleasure improves empathy and wellbeing! Settle down and whether you choose fiction or non fiction, escape and enjoy. Here are some recommendations from one of our [Year 9's reading websites](#) students as well as a [wellbeing books reading list](#).

Film recommendations- Are some types of screen time better than others? Perhaps it is our connection with the content that is the most important, and our engagement allows for us to think creatively and also critically about what we are watching. Here are some [feelgood film recommendations](#) (please note the certifications).

Further details of the programme will be released after half term