



# Round up: Issue 08

## Secondary

**Welcome** to our school newsletter where this week's theme is **'What's making us happy?'** This theme has been running through all our editions where we have thoroughly enjoyed sharing our experiences. In this week's edition, it is lovely to see how being outside with nature, helping others and just being creative is also making you happy.

This week is also 'Mental Health Awareness Week' and the theme is being kind. It is well known that being kind and compassionate has a positive effect on your own mental well-being. In our newsletter, we are celebrating many acts of kindness and invite you to take up our **'daily random act of kindness'** challenge!

As schools start to return to normal, next week will be our final edition. It feels very

fitting that for our final edition we are hearing about **'How are we saying 'thank you' to the NHS and all our other key workers?'** Email contributions to [events@wiltshire.gov.uk](mailto:events@wiltshire.gov.uk) and we look forward to sharing in the newsletter or on social media.

Please ask your parent/carer to share with us any pictures (attach the picture as a jpeg to your email) and a few words on what you've been up to during the current times and we'll do our best to put them in the next edition or share them on our social media. You can email your contributions to [events@wiltshire.gov.uk](mailto:events@wiltshire.gov.uk) but please do so by 5pm each Tuesday. Any pictures sent over will only be used in the newsletter or our social media but photos are stored for two years and then deleted.



### Jokes

**Why do bananas use sunscreen?** - Because they peel.

**What does the sun drink out of?** - Sunglasses.

**Why was the broom late?** - It over swept!

**What part of the car is the laziest?** -

The wheels, because they are always tired!

**What did the stamp say to the envelope?** - Stick with me and we will go places!

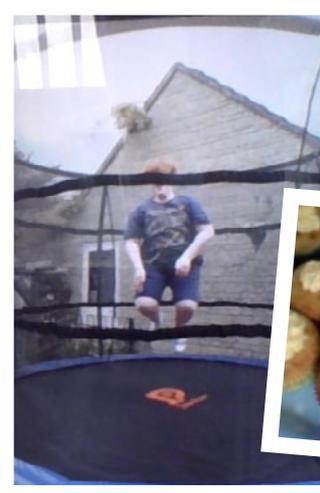
If you start laughing long enough, even if you don't feel like doing it at first, you will begin to start laughing for real. Try it and see!



# What makes Abbeyfield students happy?

**Megan**

What makes me happy is spending time with my pony, Sooty. She is a very sweet and kind pony. If I feel sad or angry, I can always go down to the yard and spend time with her. She always listens and I love animals as you can tell them anything and they will listen and not talk back.



**Callum**  
Cooking with my parents and being on my trampoline



**Alessa**

My favourite time is when I go on a walk with my family



**Louie**  
I like making cheesecake



**Charlotte**

I really enjoy running and I like to go running when I have some time. It was really fun to get up early, go on a run and raise money for charity!

**Tamsin**  
Going for long walks with my mum.



## Making the most of today

"Sooner or later every one of us breathes an atom that has been breathed before by anyone you can think of before us – Michaelangelo or George Washington or Moses"

Jacob Bronowski

Sometimes when you're feeling out of it,

lonely or alone, it helps to remember that you're part of something much bigger than yourself. That something is life, a great, mysterious river with no beginning or end. Imagine breathing the atoms of heroes. Imagine your bones made up of the dust of the stars. Imagine the miracle you are.

Today...I'll just enjoy being alive!

## Art makes us happy

Rowdeford enjoy making wonderful art and it makes us happy to see it!

Inspired by the L.A Getty Museum's response to lockdown, staff, students and parents rose to the challenge to recreate famous works of art using everyday objects.

The response has been amazing! It's a fantastic way to connect with art in these difficult circumstances as well as encouraging students to think about

colour, pose, composition and mood. The amount of research that has accompanied this challenge has been impressive as it showcases a creative application of ICT, descriptive writing and self-expression. This project has really captured everyone's imagination, and it complements the values which Rowdeford School is focussed on.

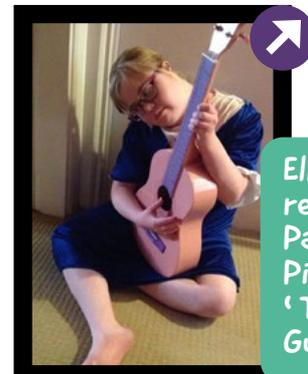
### The Rowdeford Gallery



Ralph (and Charlie!) recreating John George Brown's 'Shoeshine Boy with his Dog'



Theo recreating Rene Magritte's 'The Son of Man'



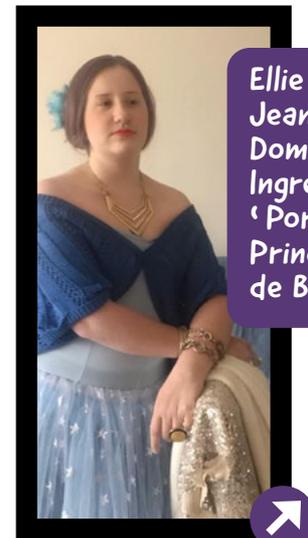
Ellen recreating Pablo Picasso's 'The Old Guitarist'



Callum recreating Toulouse-Lautrec's 'Aristide Bruant' poster



Fleur recreating Pablo Picasso's 'Femme au Chien'



Ellie recreating Jean August's Dominique Ingres's 'Portrait of Princess Albert de Broglie'



click icon next to picture to see the original painting

wow!



Here are some ideas for creative teens: painting on a shed, old clothes, blinds etc. Make sure you ask first!

### Animal facts to make you smile

Sea otters hold hands when they sleep to keep from drifting apart.  
Cows have best friends.  
Some turtles can breathe through their bottoms!  
Macaques, a type of monkey in Japan, use coins to buy vending machine snacks and in winter, they enjoy a good snowball fight.

Rats laugh when tickled.  
Gentoo penguins propose to their life-mates with a pebble.  
There is a jellyfish which is scientifically proven to be immortal.  
Dolphins have names for each other.  
Goats have accents just like people.

Last week we promised to share more about how children and young people are working to look after their community with local Community Policing Teams. See here the fun children are having learning about the work undertaken by the police and helping their community with litter picking.

Follow us on:

Twitter: @wiltspolyouth

Instagram: @wiltspolyouth



## Facts about being happy

Ever thought about the things that make you happy? Here are some interesting things about happiness!

### Happiness has power over your immune system

Being happy doesn't just sound like a pleasant thing, it can be a pleasant thing for our bodies, too. Specifically, happiness can help boost our immune systems. Research found people who have more positive emotions are less likely to develop the common cold. Just one of about a million reasons to put a smile on your face today

### Doing good for others means doing good for yourself

When it comes to happiness, by making others happy we can make ourselves happy, too. Take part in this weeks challenge to do one daily random act of kindness and feel happier!

### Floral scents can make you happy

Ever hear someone say, "Stop and smell the roses"? It might



not be a bad idea. According to a study, those who are exposed to floral scents are about three times as likely to be happy. Seems like a simple enough way to boost your mood, if you ask me.

### Relationships are more important than money

Sometimes I wonder if money can really buy happiness after all. It seems relationships outshine money, though, according to science. Fast Company reported on a study from the Journal of Socio-Economics that found relationship satisfaction (romantic or platonic ones) played more of a role in happiness than \$100,000 would! WOW! Look after those friends.

### Bright colours can brighten your day

According to a 2010 study out of the journal BMC Medical Research Methodology, bright colors go hand-in-hand with happiness. This is especially true of yellow, the study found, as happier people favor that color.



Here is a 'tricks' to amaze your friends and family.

But the really clever trick is explaining to them why it is maths and not magic. Like all good magicians, you should practise by trying it out. Can you explain how it works?

This trick will impress even your maths teacher.

- Think of a number.
- Double it.
- Add 10.

- Halve it.
- Take away your original number.
- Is your answer 5?

Try this with a different starting number. Did you get a different result? Why does this happen?

Write the answer on a piece of paper without letting anybody see it and seal it in an envelope. Have somebody hold the envelope and at the end ask them to open it and reveal the number you wrote at the beginning. Wow, Magic

Is it maths or magic?



## Challenge

### Carry out a daily random act of kindness!

Even though we need to distance ourselves, that doesn't mean we can't help each other. During difficult times, we often see the most beautiful acts of kindness which can make both the giver and the receiver happy.

You could:

- Send a letter to a grandparent or a loved one
- Tell your family members how much you love and appreciate them
- Help your parents with household chores
- Make (or help an adult) a cup of tea for a family member

- Tell someone you know that you are proud of them
- Tell someone you know why you are thankful for them
- Send a motivational text to a friend who is struggling
- Send or tell someone you know a joke to cheer them up
- Send someone you know a picture of a cute animal
- Spend time playing with your pet
- Send a note and picture of thanks to the NHS (and feel free to send us a copy for next week's Round Up!)

**Kindness is a powerful tool. Let's use it.**

### Oxford Health NHS Foundation Trust - CAMHS

24/7 children's mental health helpline offering advice guidance and support to children, young people and carers

Monday to Friday 9am - 5pm

Tel: **01865 903777**

Monday to Friday 5pm – 9am and weekends

Tel: **01865 901000**

**Website**

### On Your Mind

Signposts children and young people in Wiltshire to sources of support for good mental health and wellbeing

**[www.onyourmind.org.uk](http://www.onyourmind.org.uk)**

### Kooth

Free, safe and anonymous online support for young people

**[www.kooth.com](http://www.kooth.com)**

### School Nursing

We are aware that it is a very anxious time and there may be concerns about where to access support in coming weeks should there be school closures or you need to self-isolate.

As a school nursing service we would like to let you know we are here to support you during this time.

### Next week...

Next week we would like to hear about **'How are we saying 'thank you' to the NHS and all our other key workers?** Please let us know what you get up to by emailing: **[events@wiltshire.gov.uk](mailto:events@wiltshire.gov.uk)**

*See you next week!*