

Going Up

Jacinda Ardern, Prime Minister of New Zealand, has deemed the Easter Bunny and Tooth Fairy “essential workers”



Cadbury's has also donated 13,000 Easter eggs to NHS workers at the University Hospitals of Derby and Burton



'We should take comfort that while we may have more still to endure, better days will return; we will be with our friends again; we will be with our families again; we will meet again.'



5th April 2020, Queen Elizabeth II

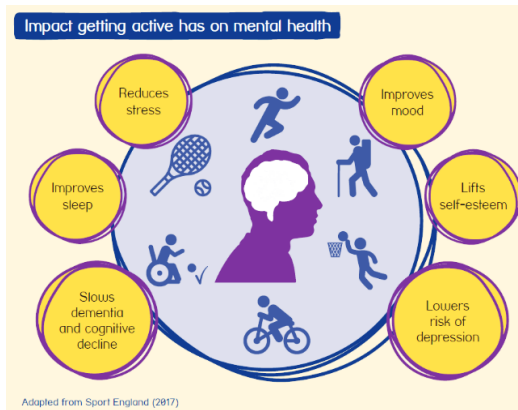
Weekly Wellbeing



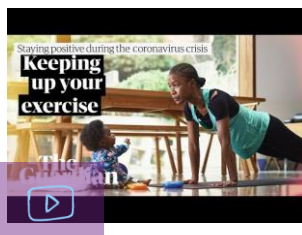
Keep Active

Our weekly parents' newsletter considers how we can support our youngsters' wellbeing, but also look after ourselves at this time which is full of new challenges!

We hope you enjoy reading - Bucks Mind CYP Team



There are many different options when it comes to exercise. If you enjoy long runs, lifting weights, triathlons... that's great! But anything that gets your body moving can reap the benefits to our wellbeing. Yoga, walking, dancing – find what suits you.



Exercise gives you endorphins. Endorphins make you happy.
-Elle Woods



Quote of the week



A bit of healthy competition!



One for everyone to take part in. Start a challenge at home, keep a tally of how many points each person achieves and see who has collected the most points by the end of the day.



Pick Me Up



He just wants to join in the exercise too!



Weekly Wellbeing

Fuel Your Body

Mini super-fruit breakfast wraps - Jamie Oliver

Ingredients:

- 1 satsuma
- 1 wholemeal tortilla wrap
- 1 teaspoon quality cocoa powder
- 2 tablespoons natural yoghurt
- 1 ripe banana
- 1 handful fresh berries, such as raspberries, blueberries
- 1 teaspoon mixed toasted seeds



Method:

1. On a chopping board, slice the satsuma in half across the middle, then remove to a plate and pat the board dry with kitchen paper, if needed.
2. Spoon the cocoa powder into a jam jar, then squeeze in half the satsuma juice (save the rest for another day).
3. Put the lid securely on the jar and shake well. Add the yoghurt, pop the lid back on, and give it another shake.
4. Lay the wrap flat in the middle of the chopping board, then spread the cocoa yoghurt evenly over the wrap.
5. Peel and place the banana in the middle of the wrap, then gently mash with a fork, spreading it around as evenly as possible.
6. Sprinkle the berries and seeds over the mashed banana.
7. Cut into quarters, then tuck in, folding or wrapping up each quarter as you go.



Follow a Plan

<https://www.nhs.uk/live-well/exercise/12-week-fitness-plan/>



NHS online provides fitness guides, information and tips, including Couch to 5k, Stretch and Flex plan and 10-minute workouts to target different areas of the body.

Some people can find it useful to have a structure to follow; to help motivate and inspire.



The Mind-Body Connection

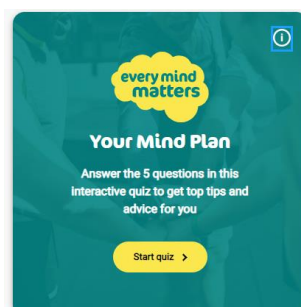
Pilates was first created by someone who believed in a strong link between mental and physical health.

It is a gentle form of exercise, which helps posture and muscle tone, but also relieves stress and tension in the body.

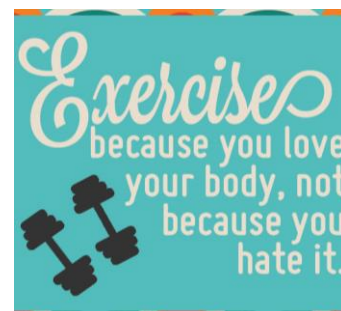
Information, Support and Advice

Visit NHS 'Every Mind Matters' to make your own Mind Plan.

You can also find advice on mental wellbeing whilst staying at home and coronavirus anxiety.



Reminder...



Please complete our brief feedback survey to help us improve our resources
<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsLrNkWUuWHRbLXGI7yvfHBe1x5Bovajvxv7VzJUODIXRUIIEVRSkZTTkZNMDBQWjFKQOJNNC>

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