

MOVING FORWARD Weekly Wellbeing

▲ Going Up



China has granted pangolins, which are the world's most trafficked animal, protected status. Their scales will no longer be used in traditional Chinese medicine.



The US Supreme court has ruled it illegal to fire workers for being LGBTQ. Well done to everyone who fought to make this happen.



Rapper Cenzy uses song lyrics to talk about anxiety in his new album



Along with the 2m social distancing rule being relaxed, cafés and restaurants may be able to reopen from the start of July



The past three months have been a real rollercoaster that's for sure. And whilst it is incredibly important to acknowledge the challenges and losses that we have all experienced, a positive approach to the future will certainly be helpful. Focusing on building strong relationships and looking to the future with confidence may help alleviate some of the worry that we might experience moving forward.

We hope you enjoy reading our final newsletter and as always, remember to look after yourselves 😊 The Bucks Mind CYP Team xxx



At Big Life Journal, we create engaging resources that help kids develop a growth and resilient mindset so they can face life's challenges with confidence.

<https://biglifejournal.com/>

LISTEN TO THE LATEST PODCAST EPISODE



<https://biglifejournal.com/pages/podcast>

ACROSTIC POEM



Directions:
Think of one meaningful word (phrase or sentence) for each letter.
Make sure that each word is related to or describes the word **HOPE**.

Holding on to a dream with all your heart
O pen Mindset to all that Comes
P ositive thoughts overcome the Challenges
E veryone needs hope to Smile

CHILDREN'S VOICES

A group of children explain their experience of lockdown, and how they view a return to school



<https://nipinthebud.org/information-films/childrens-voices-coronavirus/>

Weekly Wellbeing

Tropical Rocky Road



Prep 20 mins /Cooks 5 /Serves 16

Ingredients

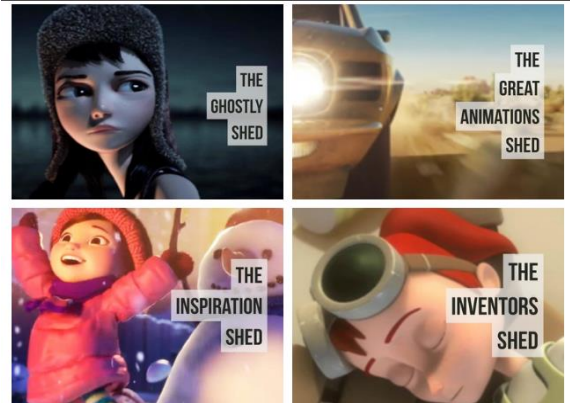
- 100g butter
- 100g golden syrup
- 200g dark chocolate, chopped
- 100g milk chocolate, chopped
- 100g coconut Nice biscuits
- 80g dried banana chips
- 100g dried tropical fruit, roughly chopped
- 50g Brazil nuts, roughly chopped
- 50g mini marshmallows
- 50g desiccated coconut
- 1 ball stem ginger, finely chopped

Method

1. Line a 20 x 20cm baking tin with baking parchment. Put the butter, golden syrup, chocolate and a pinch of salt into a saucepan. Set over a low heat and gently melt, stirring from time to time, until you have a glossy liquid.
2. Crumble the biscuits and banana chips into a large bowl, leaving some pieces larger than others to create a bumpy texture. Add the dried fruit, nuts, marshmallows, coconut and ginger, and pour over the chocolate mixture. Stir well, ensuring that everything is well coated, then tip into the tin. Use a spoon to press the mixture down and level the surface.
3. Chill for at least 2 hrs or until firmly set. Cut into 16 squares and pack for a picnic. Store in a tin for up to 3 days.

The Literacy Shed

Turn the past few months into stories...
Visit the Literacy Shed to find a wealth of visual resources to use at home or at school 😊
<https://www.literacyshed.com/home.html>



- How should we treat animals?
- What is love?
- Is everything connected?
- Can kindness change the world?
- Can I think myself happy?
- What is so great about the world anyway?

A message from the CYP Team

Hi everyone 😊,

Thank you so much for the incredible feedback we have received for the weekly newsletters and resources. We've loved making them for you and are so pleased that the content has been helpful throughout this difficult time.

We can't wait to get back into your school and start working alongside you all soon (hopefully!).

But for now, stay strong, keep smiling and remember to reach out and ask for help if you are struggling.

we'll see you soon

Enjoying the weekly newsletters? Let us know by clicking the feedback link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsLrNkUuWHRbLXGI7yvfhBe1x5Bovajv7VzJUODIXRUIIUEVRSkZTTkZ>