Edition 4, March/April 2024

Yavneh Wellbeing Newsletter

It's not often that I find myself quoting Bon Jovi at work, but we're halfway there! The last three half terms have flown by so quickly, and in the run up to Purim it feels almost bittersweet that this will be the last term of a full school before our Year 11 and 13s prepare for their GCSE and A-Level exams. While I'm sure many members of the Yavneh Family won't miss the noise, it's hard to deny the school feels different when whole year groups are not here to partaker in the chaos of daily life here at Yavneh. For those students and parents experiencing exams for the first time, it can be easy to fall into the trap of spending every waking hour revising and cramming – the truth is, if we aren't taking time to properly care for our wellbeing all that work will not be efficiently retained in our brains, and all we're left with is more stress. By taking time for ourselves to eat and exercise properly, make time for activities and hobbies we enjoy and relax to, and ensuring we get into a good sleep routine, we set ourselves up for success and maximise the amount of learning when it is revision time!

This past half term has also brought some excellent opportunities for students' personal development, with visits from JLGB to our year 9s in order to teach them about the Duke of Edinburgh programme, as well as important life skills such as team building, first aid, as well as helping the students to boost their confidence and resilience. There is still time for Year 9 students to sign up to the Duke of Edinburgh Bronze award, you can visit https://www.jlgb.org/dofe-info for information and how to sign up, and if you have any further questions, you can email dofe@yavnehcollege.org. we have also begun a new volunteering partnership with Year 8 and Gratitude, a local food bank. Students have been visiting Gratitude to help pack boxes, stock shelves and sorting food items for those in need and has been a truly fulfilling and amazing experience for everyone who has gone!

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Some helpful links!

https://www.bbc.co.uk/bitesize/articles/zw8qpbk#zh38wnb – BBC Bitesize has some excellent top tips to help revise in the best way, with easy to read sections and videos included to help break down the tips for students struggling to plan their revision.

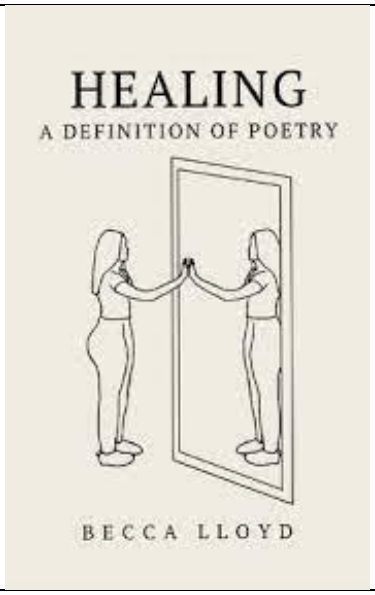
https://www.bbcgoodfood.com/howto/guide/eating-exams - Nutrition is one of the four legs on our Table of Wellbeing (the other three being sleep, exercise and relaxation) so knowing what to eat before a big exam will be a massive boost to anyone trying to maximise their potential!

The Five Ways to Good Mental Wellbeing & Judaism has been designed by Good Thinking in collaboration with Jami, in consultation with Rabbi Miriam Berger and Rabbi Daniel Epstein, with the support of The London Jewish Forum, Maccabi GB and the London Borough of Barnet. You can download the full leaflet here: https://good-thinking.s3.amazonaws.com/documents/Five_Ways_Wellbeing_Judiasm_v5_2.pdf

https://www.pajes.org.uk/resources_for_parents - PaJeS (Partnership for Jewish Schools) have produced a list of resources for parents to facilitate conversations with children of all ages to support them.

https://jamiuk.org/resources/mh-facts-and-tips/ - JAMI is the number 1 charity providing mental health support in the Jewish Community, they have produced some helpful resources and ideas for parents and carers to use.

Mr Conway's Media Recommendations of the Month:

Film	Book	TV Show
		
KSI is a YouTube sensation, turned boxer, rapper and entrepeneur. He has done everything he has set his mind on and has an incredible resilience about him. However, it hasn't been all smooth sailing, with problems surfacing between him and his family. An incredible watch to understand the importance of connecting	Healing - a Definition of Poetry' is the story of Becca Lloyd taking her younger self through exhibitions of her life. The book is split into seven chapters that allow the poet to heal through themes of sadness, grief, insecurity, womanhood, love, heartbreak, and growth. Wonderfully written and truly inspiring.	Boarders is a new comedic drama on BBC3 that tells the story of 5 black inner-city teenagers joining a prestigious boarding school, who quickly must learn the social norms in order to fit it and be liked. The series encapsulates the idea of needing to be the same as everyone else to be truly accepted, and the conflict of accepting yourself as you are, something we all struggle with.

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Jamie's Corner

The last few months I have used to reflect. As always, we look to prioritise the things in life that matter the most to us. For many of us, one of our main priorities is our relationships with our friends and family. Over time, as we grow, our relationships change. We start new jobs, move to different areas of the world, and we meet new people. We get in touch with those we have found and lose touch of those we have left behind. In a world of advancing technology, it has never been easier to connect, but this advancement has made it easier to feel alone. I have reached out to a handful of people I used to know, some of whom I was friends with when I was student here at Yavneh, who I haven't spoken to since GCSE results day. Research has shown that an average person will still be at least 70% accurate at recognising faces from their school years, 48 years after graduating. The people you met/meet at school will be in your memory for a long time, so it's worth having positive memories rather than negative ones. My advice is to connect. If you don't reach out, you will never know what possible relationship could form. The Japanese tradition of Kintsugi involves repairing breaks and chips in cherished vessels with gold and lacquer. So, let's take this on board and repair some of those friendships we may have let go. Let's understand the importance of connecting and use gold to cement those relationships.

Coming up this Half-Term…

For Parents:

20th March - Supporting Your Child with ADHD At Home - 8pm Online session

For parents and carers of primary and secondary school children: Does your child have ADHD? Do you think your child might have ADHD? Are they easily distracted? Do they have difficulties maintaining friendships? Do they struggle with time keeping and organisation?

Hear from ADHD expert, Soli Lazarus, who will share knowledge on:

- Understanding ADHD
- Strategies to use at home
- Partnership with school

Soli will be joined by young people who can share their personal experiences of ADHD

Sign up here: https://pajes.org.uk/training-and-events/adhd-parent-wellbeing-session/

For Pupils:

- Purim is right around the corner! A day to celebrate with friends and have some time to relax and enjoy it 😊
- The Wellbeing Champions are currently planning some events and assemblies to raise awareness of Mental Health and Wellbeing. Keep an eye out for any new posters popping up around school…