

Learning and wellbeing support

Moving forward



**MOVING
FORWARD**

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- In our own moment of reflection let us close our eyes, pause, think and pray.
- For those we love, for those we miss, for those who need us, for those who have passed, for those who sacrifice for us, for those who are in trouble, for those in pain and for those who are isolated and lonely.
- Read to yourself or follow with your teacher the short prayer on the right that asks us to think of others, give them inner strength as we face a new day, and be thankful for the things we have in our lives.

My Daily Prayer

Today is my Day!

Today is the day I put aside all that worried or upset me yesterday.

Today is the day I say no to any thought, any feeling or any remembrance of past hurt or disappointment.

Today is the day I say yes to life!

Today is the day I see that I can do more, be more, **live more**.

Today is the day I know that neither my **happiness** nor **success** depend on any person, place, or thing.

Today is the day I see in myself all the qualities I need to be **happy**, to be **fulfilled**, to be successful in all that I undertake.

Today my world is fresh and new!

Today I am filled with **self confidence** with the assurance that I am the master of my life.

Today I set about to **accomplish Great Things**, to live up to the high expectations I have set for myself.

Today I will succeed for God is with me and His Spirit in me is **my inspiration** and **my capability**.

Today Is My Day!

And So It Is!

SHARE

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- It is essential that we all take a little time to consider the following very important health and safety messages that allow us to live safely, whether this be in school or at home.
- The slides have key messages that we all need to consider so that we keep ourselves and others safe.
- Please be kind and thoughtful with your words, actions and deeds.



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Safety in and around our school buildings

- Please ensure you follow ALL instructions regarding social distancing, one-way flow, entrances and exits.
- Please be respectful of everyone's space and behave in a polite and considerate manner.
- Do not touch items that do not belong to you.
- Cough or sneeze into the fold of your elbow or catch it in a tissue and bit it.
- Be mindful of others when arriving and leaving the building.
- You must NOT touch others or share ANY items.
- Use the sanitising stations provided



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Effective washing of hands

- This remains the best way of protecting ourselves and others.
- Please read the instructions with your teacher.
- Ask questions if you feel you need to.
- It is essential that **WE ALL** follow and practice these rules when on school site and at home.
- There will be an opportunity for your class to visit the toilets allocated to your zone and familiarise yourselves with equipment, facilities and location.

7 STEPS OF HAND WASHING



Step 1 - Hands should be wet with liquid soap applied for a good lather. (Water temperature needs to be between 35 °C and 45 °C)



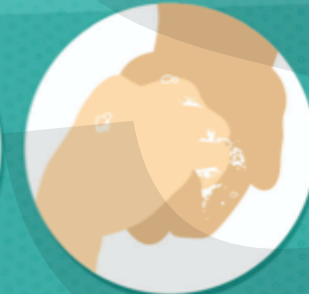
Step 2 - Rub your hands palm to palm.



Step 3 - With your right palm rub the back of your left hand. Swap hands and repeat.



Step 4 - Then, interlace your fingers and rub your palms together.



Step 5 - Interlock your fingers and rub the backs of them against your palms.



Step 6 - Enclose your right hand around your left thumb and rub as you rotate it. Swap hands and repeat.



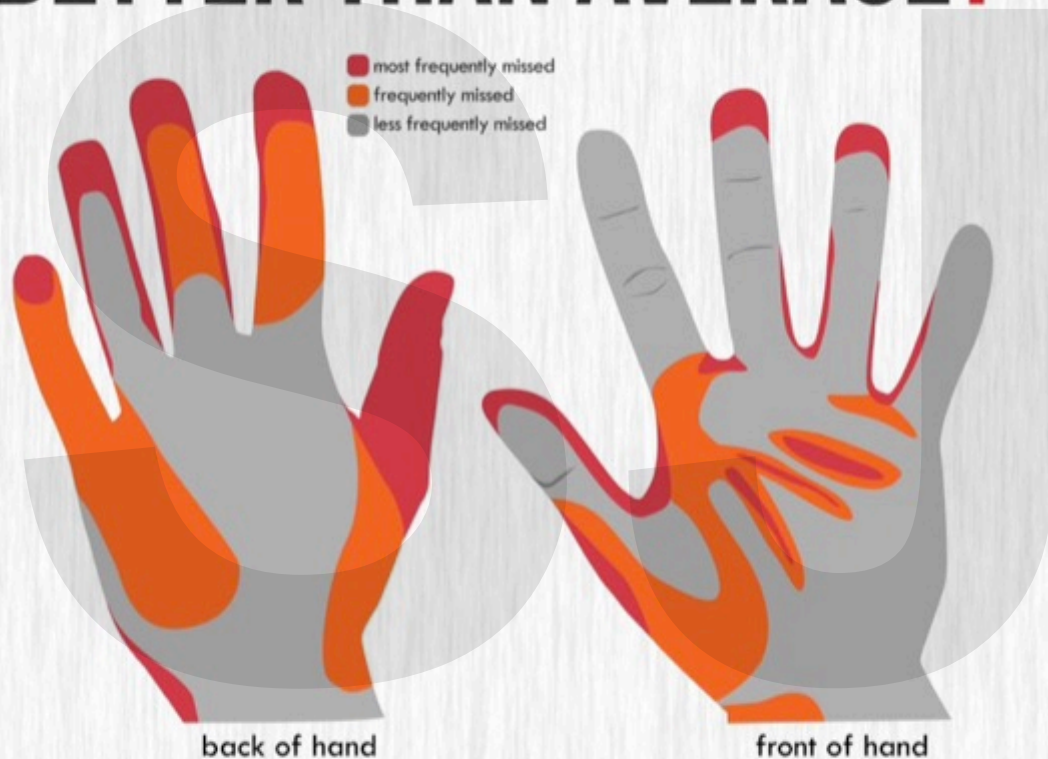
Step 7 - Rub your right fingers in a circular motion in your left palm. Repeat with your left fingers.

After washing, always thoroughly rinse your hands in warm running water, and dry with a clean disposable towel.

Never use reusable towels as you will transfer harmful bacteria back onto your clean hands.



ARE YOU BETTER THAN AVERAGE?



**(95% OF PEOPLE DON'T WASH
THEIR HANDS PROPERLY.)**

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Why hand washing is so important

- Think about how often you wash your hands each day.
- Please remember why we are asking you to do this.
- Are you being conscientious?
- Clean hands are safe hands.
- It is not just about you but your family, friends, and others you meet.
- Spread kindness and consideration not coronavirus.

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Fire Safety

- If the fire alarm happens to sound, please follow the instructions of your classroom teacher.
- Exiting the school buildings, behaviours and Muster Stations have not changed.
- It is important that we remain vigilant and are aware of the actions we need to take to keep safe.
- Your class teacher will run through what to do and where to go.
- Please listen carefully and remember our expectations and routes.

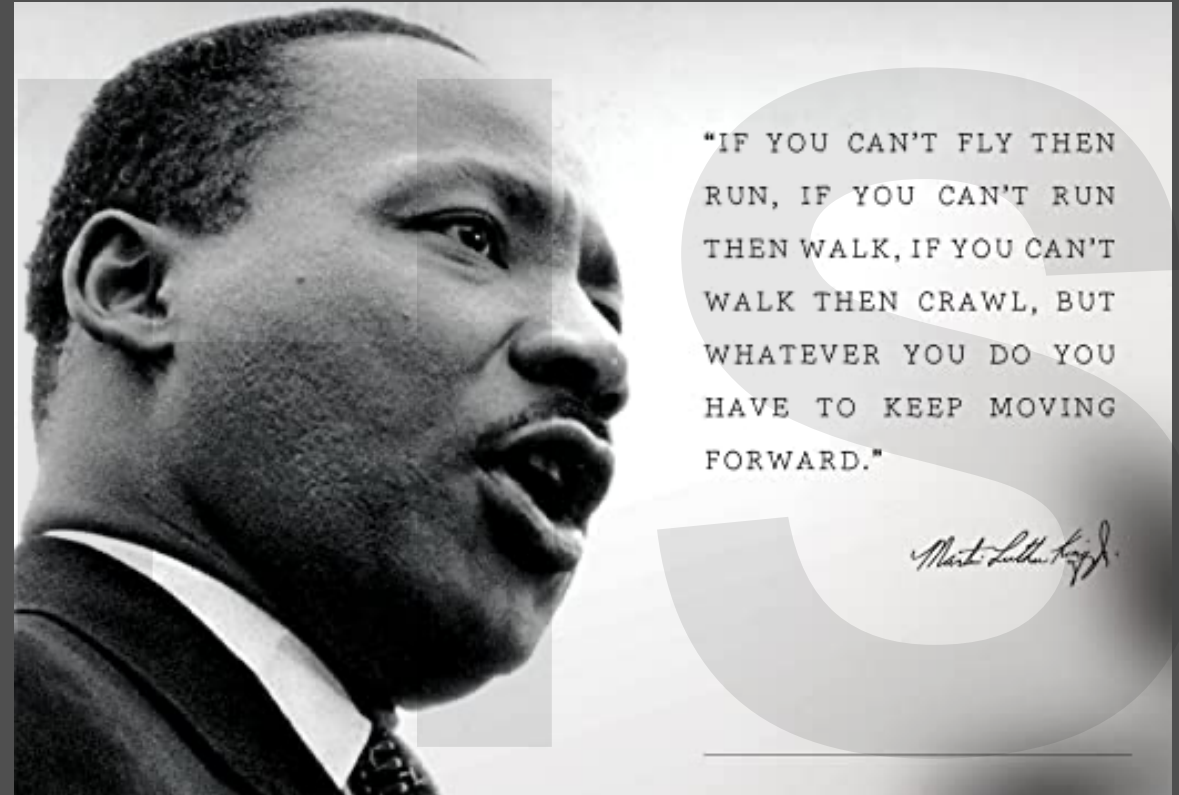


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Read the quotation by Martin Luther King.

- What do you think he is inspiring people to do?
- What qualities is he asking us to show and use?
- Why is it important to keep moving forward?



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- The world is going through unprecedented times in terms of what we are experiencing and the impact COVID 19 has had.
- It has forced us to stop everyday life and use a range of protective measures to keep us, our loved ones and friends safe.
- This has had a huge impact on the world not just our own little part of South Wales.
- Talk in your group about how you have been affected and what things you have had to do differently.



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Now chose TWO of the following groups and discuss how COVID 19 has affected them:

- Elderly people
- Families of Intensive Care nurses and doctors
- Babies born during lockdown
- Hotel/restaurant owners
- The UK economy
- Face mask manufacturers
- Supermarkets
- Plumbers



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There have been many weeks where we have had to:

- Stay inside
- Isolate ourselves
- Stop going to school/work
- Cope without live sport or entertainment
- Not hug loved ones or friends

But there have been some positives. Try and identify **THREE** positives that have emerged for you and that you will try and maintain/keep once restrictions are over.



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A lot of people noticed the following:

- Some said nature thrived, more people noticed birds singing, the roads were quieter the sky was bluer and there was less pollution.
- Other people said that there was less traffic, less street crime, less rubbish/littering and people stepped up to help one another.
- More people worked from home, families used lots of technology to stay connected/learn/work and communities showed fantastic levels of generosity, kindness and compassion.



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- Why do you think these things happened?
 - Did anything stand out for you?
 - Was there an event you can remember?
 - Was there an individual or group of people who you admired?
-
- What do you think the planet would like to say to humanity now as we think about moving forward?



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Let's try and answer some of the questions that many of us may have been thinking:

- What will the 'new normal' be like?
- What would you like the 'new normal' to be?
- What changes are you going to make?
- Is anything going to be the same?
- What could I do to create a better future for me, my family, friends, community and environment?





Eat Local

You'll feel better when you know where your food comes from.



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Let's consider a few examples:

- Less reliance on plastic
- Eating locally sourced food
- Different modes of transport
- Less traffic/ less congestion/ less pollution
- Working and learning in new ways
- Better family time

What sort of changes would you like to see?

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Let's consider a few suggestions as to how things may be different for us in the future:

- Social distancing
- Entertainment
- Exercise and team sports
- Eating
- Shopping
- Travel
- Holidays
- Changes to people's jobs
- Personal hygiene
- School



WHAT WILL BE THE NEW NORMAL?

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Moving forward: Concluding thoughts

- Many people are looking forward to a 'new normal' society, others are anxious, and some see it as an opportunity to reset. Which are you and why?
- We need to make sure we contribute to the 'new normal' and that we take opportunities to flourish and use our talents to improve our own lives and the lives of those around us. What will you do? What skills will you use?

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Please watch the following clips:

- When things go wrong it is just another opportunity to learn.

<https://youtu.be/LmW3H-EXYS0> 1.30mins

- What have you done to make yourself proud?

<https://youtu.be/LEoxGJ79PMs> 3.30mins

- Hard work, determination and a desire to move forward gets you places.

<https://youtu.be/vWMySZa0TzQ?list=TLPQMDkwNzlwMjDOePMXTSHqfA>
2.38mins

