

HUB NEWS

Get involved and brighten someone's day! #LordGreyCan!

You will receive a news bulletin from us on a weekly basis with fun tasks to complete with your families.

Your **first task** is to write a letter, a poem or even draw a picture. It needs to be bright and cheerful and will be emailed to our local elderly residential nursing homes. These residents have not had visitors and been in isolation for quite some time now, so together let's brighten their day and let them know we are thinking of them! You should send your 'creations' via email directly to:

Caton House: Joanne.burgess5@NHS.net and **Beaverbrook House:** Bletchley@goldcarehomes.com

Small acts which make a big difference

Day 1 – Leave three happy notes for someone else to find in your house. <input type="checkbox"/>	Day 2 Make a card for someone's birthday/celebration coming up <input type="checkbox"/>	Day 3 Call a relative or friend who is far away and have a chat with them. <input type="checkbox"/>	Day 4 Write down five things you are grateful for. <input type="checkbox"/>	Day 5 Research three jobs / career paths that interest you. <input type="checkbox"/>	Day 6 Download a mindfulness App (CALM) on your phone. <input type="checkbox"/> 
Day 7 Visit a virtual museum! Go online and explore the collections online. <input type="checkbox"/>	Day 8 Get in contact with a local care home and arrange to send a letter to one of the residents <input type="checkbox"/>	Day 9 Go on YouTube and try..  <input type="checkbox"/>	Day 10 Look at the last 20 photos on your phone and think about how they make you feel. <input type="checkbox"/>	Day 11 Say something positive to everyone in your household today. <input type="checkbox"/>	Day 12 Do something helpful for a friend or family member today. <input type="checkbox"/>
Day 13 Do a chore in the house without being asked to do it. <input type="checkbox"/>	Day 14 Send a positive text to ten of your friends. <input type="checkbox"/>	Day 15 Listen to your favourite song and dance around the room. <input type="checkbox"/>	Day 16 Stay off social media for >3 hours straight and keep yourself occupied <input type="checkbox"/>	Day 17 Take a selfie and note down 5 things you like. <input type="checkbox"/>	Day 18 Play a game that you haven't played in a while. <input type="checkbox"/>
Day 19 Think about two role models in your life. Why do they inspire you? <input type="checkbox"/>	Day 20 Create a postcard for somewhere you have previously visited <input type="checkbox"/>	Day 21 Play a card game or board game you haven't played in a while <input type="checkbox"/>	Day 22 Sit down in a silent room and focus on your breathing for 5 minutes <input type="checkbox"/>	Day 23 Email one of your teachers to say thank you for something <input type="checkbox"/>	Day 24 Write down 5 things you are thankful for in your life. <input type="checkbox"/>
Day 25 Write a blog about something you enjoy doing. <input type="checkbox"/>	Day 26 Search on YouTube a "Tedx talks by kids"  <input type="checkbox"/>	Day 27 Watch a film with a family member and make sure you turn your phones off. <input type="checkbox"/>	Day 28 Make sure you get >8 hours sleep tonight. Note how you feel the next day. <input type="checkbox"/>	Day 29 Draw a picture of what you see in your garden or out of your window. <input type="checkbox"/>	Day 30 Make breakfast for another family member <input type="checkbox"/>

What should I do next?

'quieter' times (after 3:00pm) and use different websites in the meantime, such as: www.getrevising.co.uk/www.corbettmaths.co.uk (5-a-day)

We know there has been extremely high demand on the home learning platforms which you are using (Doddle, MathsWatch and Educake). If you experience problems with these sites use them at

Keep in touch with us

Colossus House
Enigma House
Lorenz House
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We would LOVE to see your photos of some of the things you are getting up to and to hear how you are getting on. Please see our email address below:

Other fun activities

- ◇ Take a look at the top entries for the wildlife photography competition: <https://www.bbc.co.uk/news/in-pictures-52007548>
- ◇ Take funny photos of your pets and send them in
- ◇ Can't go to the zoo? Bring the Zoo to you! <https://www.google.com/search?q=live+zoo+cameras&og=live+zoo&aqs=chrome.0.69i59j69i57j0l6.2082j0j7&sourceid=chrome&ie=UTF-8>
- ◇ Send us your TikTok 'stay at home' challenges!

Being at home...

If things are a little tough at home and space is becoming 'tight' and you are struggling, please let us know (there are also the email addresses under the 'umbrella' on our website which details all the helplines available e.g. Child-line, Kooth, etc.). Remember that these times are unprecedented (unknown) to us ALL and therefore everyone is anxious, and it is absolutely okay to feel anxious.

To try and relieve this we have been doing the most simple thing of breathing in through the nose for 7 seconds and out through the mouth for 11 seconds, which really alleviates those worrying butterflies when they start to flutter in your belly - try it, it helps.