



# St Andrew's Academy

## Weekly Focus

### Wellbeing

#### School Prayer

Lord, Bless this day and all it brings,  
Bless our lives that we may grow in your love,  
Bless our work, that we use our gifts and talents wisely,  
Bless our hearts, that we never forget to look to the needs of others,  
Bless our community, that we continue to prosper by your Spirit,  
Bless our prayer through Christ our Lord,  
Amen.

During this time we must take care of our own wellbeing and that of our friends and family. Steps you can take to maintain to enhance your physical and mental wellbeing at this unprecedented time are:

#### Connect

Try to connect with the people around about you, your family, at this time. Try to also keep up with friends through phone calls and video calls. It is important to ask each other how you are and share your feeling with each other.

#### Be Active

There are many online activities for you to engage in at present. You should also try to take some exercise outdoors, remembering as always to remain socially distant from others out with your household.

Try to sleep at regular times and getting up and into a routine may help with how you are feeling.

#### Take notice

Be observant while out walking and look at the many beautiful sights of flowers and blooming trees that you may see at this time of year. Try to stay in a positive frame of mind.

#### Keep Learning

You should try to keep up to date with the work your teachers are posting for you. Please ensure that you ask for help if you require it, your teachers will be able to answer questions on your Team Chat or via email. Try to register online every school day, if possible before 11.30am.

#### Give

Try to do something nice for others, maybe offer to make someone at home a cup of tea or reach out to someone who is feeling lonely.

#### Contact Us

Please contact us with any issues via our school website and the contact us page, we would be glad to assist in any way we can.

*Home Learning - Just try your best*