



DEYES HIGH
SCHOOL

*Engage
Enable
Empower*

THOUGHT FOR
THE WEEK

International Day of
Happiness



International Day of Happiness



As we face a global crisis together, let's find positive ways to look after ourselves and each other.

To excel in all that we do so that everyone flourishes and achieves their full potential



ENGAGE. ENABLE.
EMPOWER



DEYES HIGH
SCHOOL



Happiness is a state of mind...

Here are 3 positive steps we can all take when facing difficult times:

KEEP CALM

There are lots of things outside our control. Let's remember to breathe and focus on what really matters so we can respond constructively.

STAY WISE

Making wise choices helps everyone. Let's choose positive actions that support our wellbeing and help others to do the same.

BE KIND

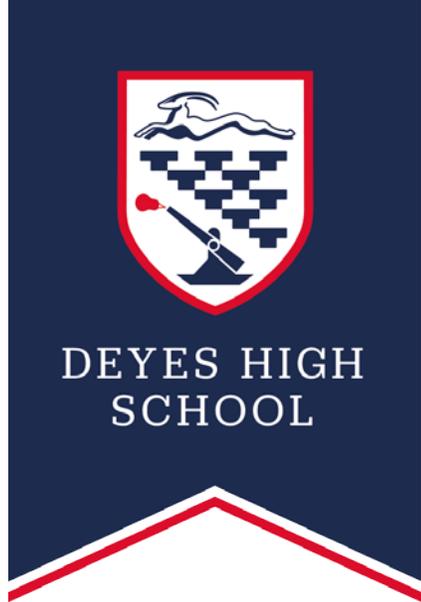
We're all in this together, even when we're forced apart. Let's stay connected and reach out to help others who may be in need.

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LEARNING
TRUST

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The Coping Calendar

Use and share this 30-day **Coping Calendar** with daily actions to keep calm, stay wise and be kind.



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COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



As we face this global crisis together, let's find positive ways to look after ourselves and each other

1 Let someone you love know how much they mean to you

2 Get active. Even if you're stuck indoors, move & stretch

3 Write down ten things you feel grateful for in life and why

4 Contact a neighbour or friend and offer to help them

5 Learn or try something new and share it with others

6 Challenge your negative thoughts and look for the upside

7 Get back in contact with an old friend you miss

8 Share what you are feeling and be willing to ask for help

9 Do something supportive and friendly for your colleagues

10 Have a tech-free day. Stop scrolling and turn off the news

11 Notice five things that are beautiful in the world around you

12 Make a plan to meet up with others again later in the year

13 Thank three people you're grateful to and tell them why

14 Take five minutes to sit still and breathe. Repeat regularly

15 Make some progress on a project that matters to you

16 Eat healthy food and give your immune system a boost

17 Make a thoughtful gift as a surprise for someone

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three unexpected acts of kindness for others

20 Take time today to do something kind for yourself

21 Look out for positive news and reasons to be cheerful

22 Call a loved one to catch up and really listen to them

23 Take a small step towards an important goal

24 Connect with friends online and do something fun together

25 Put your worries into perspective and try to let them go

26 Respond positively to everyone you interact with

27 Shift your mood by doing something you really enjoy

28 Make time for calmness. Turn off screens & get good sleep

29 Look for the good in others and notice their strengths

30 Remember that all feelings and situations pass in time

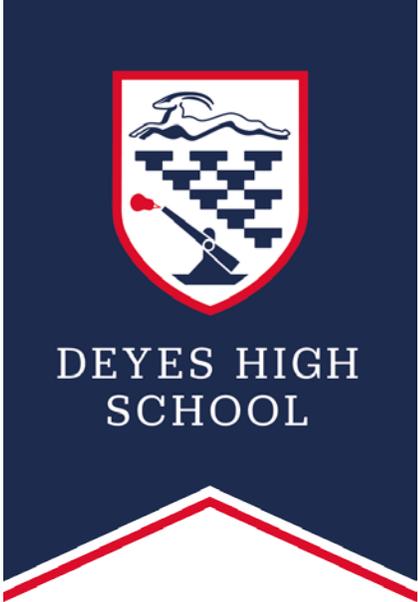
"Everything can be taken from us but one thing - the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl



ACTION FOR HAPPINESS

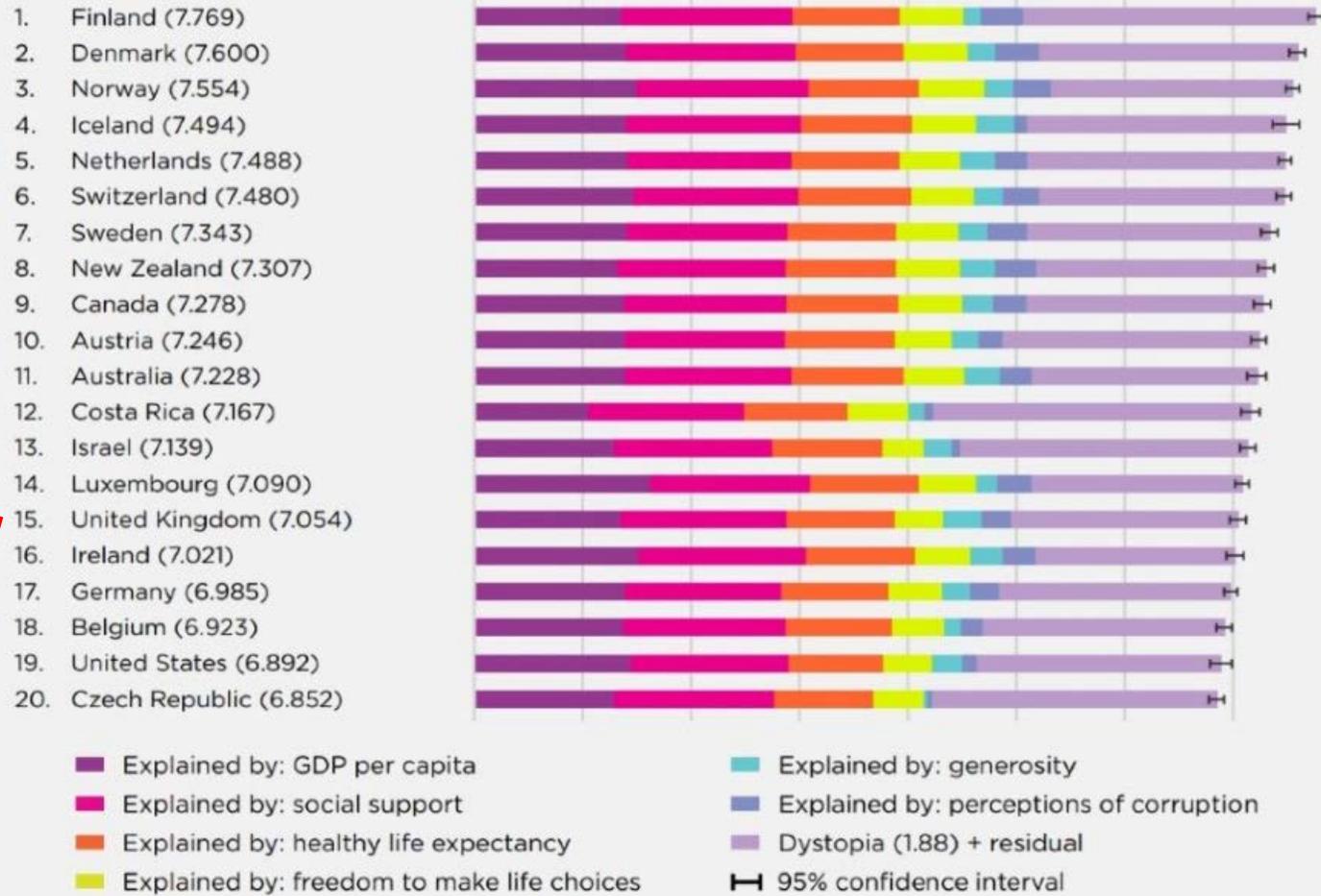


www.actionforhappiness.org



World Happiness Report 2020

Ranking of Happiness 2016-2018



Why are we above the countries below us?

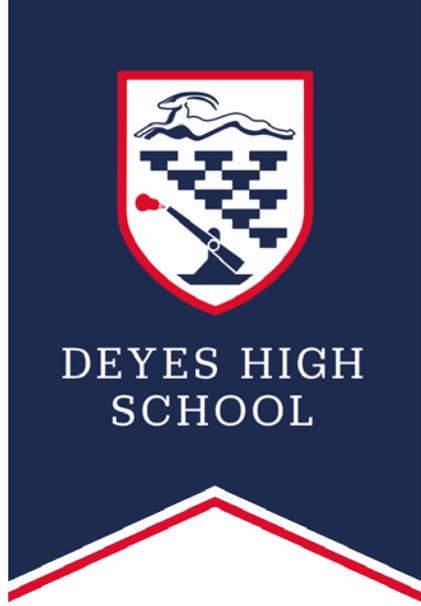
How could we as a country become even more 'happy' in future?

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Your Actions Matter!

There may be difficult times ahead, but this crisis also has the potential to bring out the best in human nature. Let's all respond in the calmest, wisest and kindest way we can.

IDEAS:

- Help with chores
- Do some studying
- Socialise with friends via social media
- Write a letter to a resident in an old peoples home



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Each week TFTW will look at a recent news article which effects you as students and members of society. If you have any suggestions or read any relevant or interesting articles, please speak to Mrs Richards to get them included.

SPORT RELIEF THANKS THE UK FOR BEING SO BRILLIANT AND RAISING £40,540,355 (SO FAR!)

The enormous generosity shown by the great British public, in light of the current challenging times, has made Sport Relief 2020 a moment to remember, with more than £40,540,355 raised so far to help change lives in the UK and around the world. Some of the money raised will help organisations in the UK and internationally cope with the increasing impact of coronavirus.

The sporting extravaganza was broadcast live from Media City UK, Salford. Sport Relief's night of live entertainment, shown across BBC One and BBC Two, and gave viewers a window into how some of this money will help fund amazing organisations tackling issues such as homelessness, domestic abuse, mental health stigma and child poverty, in an evening of sporting fun, global exclusives, one-off specials, sketches and live music. Throughout the evening a number of powerful appeal films reminded viewers of how donations are changing lives in the UK and around the world. Some of the money raised will help some of the most vulnerable people in the UK and around the world including those hit hardest by the coronavirus pandemic, and people who rely on homeless centres, food banks, domestic violence shelters, isolated older people or refugees. Comic Relief is offering support to hundreds of organisations that it currently funds to help them adapt their services in response to the pandemic.

One project that featured in an appeal film and will already receive extra support is FareShare, a national food distribution network that delivers fresh food to children's clubs, community groups and hostels across the UK. FareShare is facing unprecedented demand and is set to receive extra help so they can deliver food parcels to the homes of people self-isolating.

Ruth Davison, Deputy Chief Executive of Comic Relief said: "We are incredibly grateful to the wonderful, generous people who have helped raise this unbelievable amount of money. During the challenging months ahead, we want to ensure donations raised help as many people as possible. Sport Relief is committed to helping vital projects all across the UK and internationally, including those facing an increasing demand on services from people who need extra support because of coronavirus."

For more information and to show your support visit the Sport Relief website. To donate £10 text YES to 70210; to donate £20 text YES to 70220; or to donate £30 text YES to 70230*. Alternatively, you can donate by phone on 03457 910 910 or online.