




Tudor Grange Academy  
Kingshurst

 Sixth Form

# Sixth Sense

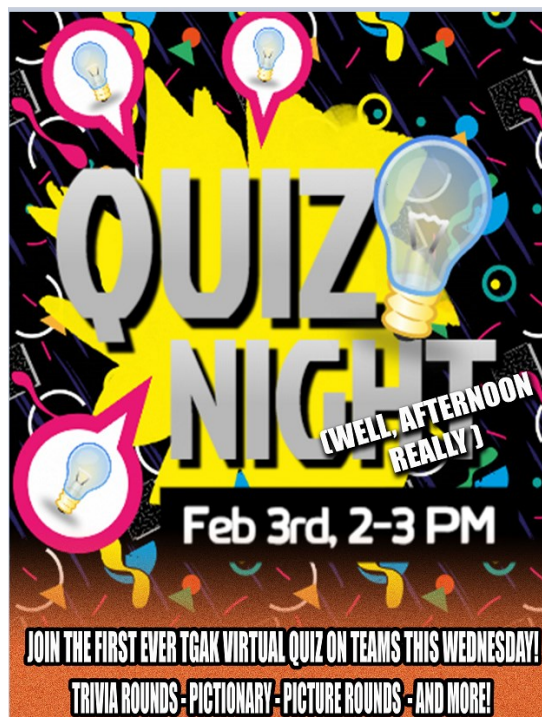
## Well-being Special Edition

Which  
Week?

1st Feb: Week 2

### Make that change?

As we continue to negotiate the pandemic and the disruption that it has brought to our everyday and educational life, the Sixth Form Team wanted to utilise an issue of the newsletter to offer some ideas, reflection and strategies of our own to consider. The objective is for this newsletter to have a positive impact on your well-being through asking you to consider how best for *you* to look after...**you**. All we offer from this point on is for your consideration. Any change based upon your reflections do not need to be drastic. However small the positive effect might it be, it will be a change worth making.



### Carrington's Quiz Night!

Daring enough to try something completely different to break the monotony of the week? Why not give master-quizmaster, Richard Carrington's 'Quiz Night' a go on Wednesday afternoon (assuming you don't have a lesson!).

Richard will be setting up a meeting called 'Quiz Night' on Teams for next Wednesday. If you fancy taking part, please email Richard at [rcarrington@kingshurst.tgacademy.org.uk](mailto:rcarrington@kingshurst.tgacademy.org.uk) to let him know you are going to take part, and he will send you an invite in the normal way.

### John's Strategies for Well-being

When I paused to think about this, I found that I had more strategies than I gave myself credit for. By no means does this mean that I have 'cracked' the idea of maintaining a consistent sense of well-being, but it is something that I keep coming back to in an effort to get better at it. Here I offer some ideas that I seem to have stuck with over time.

1. Parkrun: When the world is normal, you can find me in a park at 9am on a Saturday morning to do a free 5km 'parkrun'. In the absence of this, I've resorted to doing a (not)parkrun, and have been none-the-less going for a 5km run and recording this with parkrun at <https://www.parkrun.org.uk/notparkrun/>. No pressure and no expertise is required, you can take as long as you want!



2. Gaming: A nightly institution that appears to have kept my daughters' sane is the need to plot the demise of members of their family through the popular 'Among Us' game. Failing this, racing one another on Mario Kart also serves to transport us to a slightly different place.



3. Portal: A final one from me is the use of an app to help me to concentrate when I'm working or reading in the evenings. Rather than going for music/radio, I've started to use a free app that plays very subtle background noise called Portal. Several sounds are free (enough for me), others can be purchased. Doing something to the sounds of being transported to Amdablam, a mountain in the Himalayas or a crackling fire adds a fresh perspective.



## Sleepy Head

Sleep is a hugely important factor for both our physical and mental health. Here is some brilliantly communicated and presented advice from the University of Reading on how to get that great night sleep where you can give your body the best chance to repair and reboot.

## Beth's Strategies for Well-being

Beth is very much an advocate of being in the moment and untethering yourself from the technology that surrounds you for so much of the day.

1. Have a time everyday that you turn your computer or laptop off and make a clear distinction between work and free time.
2. Eat dinner without phones or screens to have quality time to talk through your day and to eat mindfully.



3. Take a walk a day to get some fresh air! A truly understated joy of the day! Why not download aim for that 10,000 steps goal?



## Lee's Strategies for Well-being

As a man of action, Lee is all about training yourself to show that you mean business for the day!



To do this, train your body to know that the day has started and that you mean to make the most from it by getting out of those pyjamas and getting changed into your clothes for the day, regardless of whether you intention is to go out or not!

### Next steps

Whatever the issue, we are here to help, understand and advise. Please don't hesitate to contact us if you would like further guidance.

## PREPARE FOR SLEEP

Set up a relaxing bedtime routine and atmosphere for yourself. Here are a few tips:

- Have some 'quiet time' before going to bed
- Dim the lights
- Have a warm bath
- Read a book
- Listen to quiet music
- Use comfortable bedding
- Wear comfortable pyjamas.
- Set a good temperature in your room



# SLEEPING BETTER...

## AVOID BRIGHT LIGHTS

Give yourself a cut off to stop using any electronic devices (such as TV, mobile phone, tablet) before going to bed, for example, 30 minutes. Keep all your screens in a different room so you're not tempted to look at them in bed.

## Avoid using your bed for anything but sleeping

Watch films, check your phone and so on somewhere else. Use a desk or table to do your homework, and if you can, in another room.

## BED IS FOR SLEEPS

## STAY PHYSICALLY ACTIVE

Exercise will encourage night-time sleepiness. You can combine your exposure to daylight with some daily exercise. For example:

- Pick a room that gets good daylight to exercise
- Follow an online exercise course
- Practice yoga in your garden
- Go for a cycle, walk or jog close to where you live



## Cut down on caffeine.

Food and drink such as soft drinks, chocolate, coffee, tea contain large amounts of caffeine making it harder to sleep. Try avoiding it altogether in the afternoons and evenings

## GETTING UP



Setting an alarm clock will encourage you to get up. Consider using a traditional alarm clock/radio alarm instead of your phone alarm. Remember, you're trying to avoid using mobile devices in bed.

Try not to worry about sleeping well. Accept that it isn't good at the moment, but you have lots of ideas for improvements.

## BE OK WITH IT

## RESET YOUR INTERNAL CLOCK

Try and get as much daylight as you can. In the morning, draw back your curtains to let the natural light in. Daylight stimulates hormones that help control your sleep and wake cycles, and help to reset your internal clock.



If you find it difficult to fall asleep and/or you're tossing and turning, try going to a different room to distract yourself for 15 minutes with a quiet activity (such as reading) before returning to bed. If you don't fall asleep, repeat the process.

## DISTRACT YOURSELF

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