



# The Winchester WELLBEING CALENDAR

March 2022 Edition





Greetings WIN Family!

We proudly welcome you to the WIN Wellbeing Calendar March Edition of the Academic Session 2021-22.

Our approach is always driven by a commitment to their overall wellbeing as we engage on our focused and passionate journey to grow all students into school leaders, changemakers, and citizens of the world. Wellbeing is and will always be the fulcrum of all that we do at Winchester as we encourage the leaders of the future to engage, relate and shine.

The WIN Wellbeing Calendar is one of our many opportunities to remind our WIN community members to take part in activities that could give you the ability to lead a health life and enjoy little moment that come your way. We would love for you to take up what makes you happy.

If you wish, you can capture some of the moments and activities and email them to us at **winwellbeingfulcrum@gmail.com**. All contributions would be celebrated on Winchester's Wellbeing Instagram page **@win\_wellbeing\_fulcrum**, a special space that brings together all things wellbeing at Winchester.

We are zealous to see what activities that you have engaged in from the ideas that we've curated with love, dear WIN family.

Sincerely,  
Mythali Wannakuwatte, Year 13 & Lamar Elhefnawy, Year 5  
Student Heads of Health & Safety



## CLASS REGISTRATION TIME ACTIVITY

Have a discussion on your wellbeing with the person seated next to you or your teacher. Discuss the following points:

- What is the one thing you do on a daily basis to stay physically healthy? If you don't do anything yet, what can you do?
- What is the one thing that can always make you smile?
- What has been your best moment in school this academic year?
- If there is one habit you would want to change about yourself, what would it be?
- Is there anything that makes you really angry? What is it? How do you overcome it?

Share your discussions on the Padlet link below:

<https://padlet.com/dbjmiranda16/wellbeingdiscussion>

**Now, take 3 deep breaths before you leave for your lesson.**

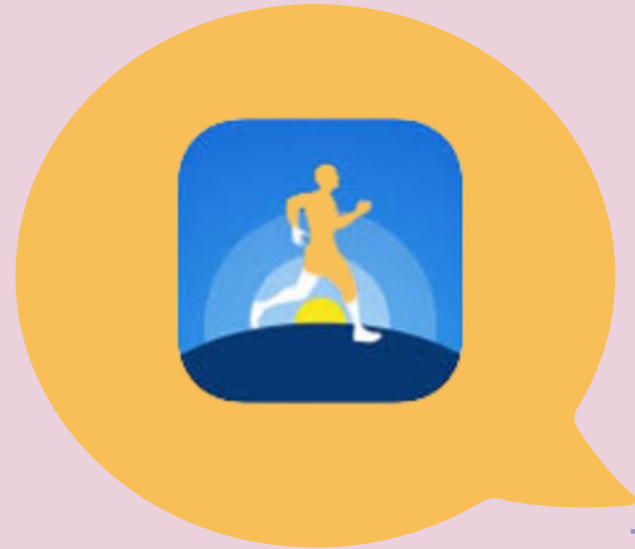


**Week 1**



# JOIN THE WIN FAMILY FITNESS CHALLENGE

- Download the OUTWALK app on Play Store or App store
- Sign in using any of the apps listed below
- Change your name as per the format listed below
- Name(Year group and section)\_(School House)
  - Jonah\_Y10E\_Wind
  - Vanessa\_Y6B\_Earth
- Add Winchester as a Friend  
**WinHealthyFamily**



For more information on how to join in on the app, check this link out: [https://gmsedu-my.sharepoint.com/:p:/p/debbiejo\\_m\\_win/EbQNFOaQ795MhIUnmqwMT5QBpLdQuj0BSvDm74ZyZfaoCw?e=nSCqKc](https://gmsedu-my.sharepoint.com/:p:/p/debbiejo_m_win/EbQNFOaQ795MhIUnmqwMT5QBpLdQuj0BSvDm74ZyZfaoCw?e=nSCqKc)

# Pick up a BOOK, celebrate World Book Day



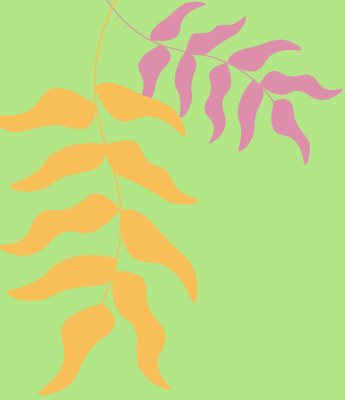
As we celebrate World Book Day on 3rd March!! Pick up your a new book from your favourite genre!! Or even recommend your favourite book to someone else!!

Try setting a challenge for yourself of how many books you can read within the month.

Join in and celebrate World Book Day, Pick up a book and enjoy reading.



**Week 2**



# Express your emotions through poetry!

Your emotional well-being is an important part of your holistic wellness, as it can affect your overall perception of life, the relationships you make, and your health. Take 20 minutes of your day in this week to write up a poem, portraying your emotions and your feelings. All the events that have led up to cause these emotions. Pour your heart out in this artistic form of literature.



## A Happy Child



My house is red - a little house;  
A happy child am I:  
I laugh and play the whole day long,  
I hardly ever cry.

I have a tree, a green, green tree,  
To shade me from the sun;  
And under it I often sit,  
When all my play is done.







# Arabic Calligraphy Painting Specials for Mothers Day

As Mother's day is approaching in the coming week, get prepared and make something cute to shower your hard-working mothers during this special day! Through Arabic Calligraphy Cards for Arabic Mother's Day is celebrated on 21st March 2022

[https://www.youtube.com/watch?v=BdAhNv\\_ohug](https://www.youtube.com/watch?v=BdAhNv_ohug)





**Week 3**

# Family ASL Lesson

Languages are our medium in which we express our feelings, ideas, experiences, and even our pains to other people. It is the pathway that unites people together. When we learn a new language, we are enlightened with connections and cultures we hadn't witnessed before. Every language approaches the world in a slightly different way and allows us to understand the world from the perspective of another culture and gain a greater appreciation of human society in all its diversity.

ASL (American Sign Language) is a language used by the hearing impaired and is used by over a million individuals globally. It is a combination of visual gestures and signs. You love to hear your native language. So comparatively, those that use sign language also love to see their language used before their eyes.

In this week, take some time to better your awareness of and your sensitivity to the deaf and hard of hearing community by doing a little ASL learning time with your family. You can start off with these signs on the right side:

Try this link to learn more ASL for Beginners:  
<https://www.youtube.com/watch?v=0FcwzMq4iWg>



# Let's get recycling!



As we celebrate World Recycling Day on 18th March, why not get recycling and make useful items that could help out day to day life. Everyone loves a little bit of craft work! From pot holders to bird feed

Grab all the recyclable products laying around your house, create something creative and innovative! Get as creative as possible!

Get ideas from the link below  
[https://www.youtube.com/watch?v=nIBm\\_d0o8ns](https://www.youtube.com/watch?v=nIBm_d0o8ns)

**Week 4**



# Recipe in a Jar



Get into the kitchen and create a recipe in the jar, the perfect gift for yourself on a gloomy day!

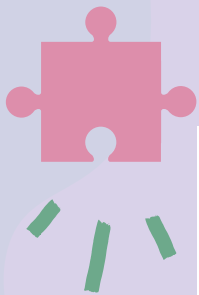
Following a recipe that you desire most. Add the dry ingredients and save them for an exciting day of baking. Fill your jars with oatmeal cookies, fruits, chia, nuts, raisins or anything you fancy. Keep your option healthy

**A healthy recipe idea**

[https://www.youtube.com/watch?v=Lkl9\\_3-jX6cA](https://www.youtube.com/watch?v=Lkl9_3-jX6cA)

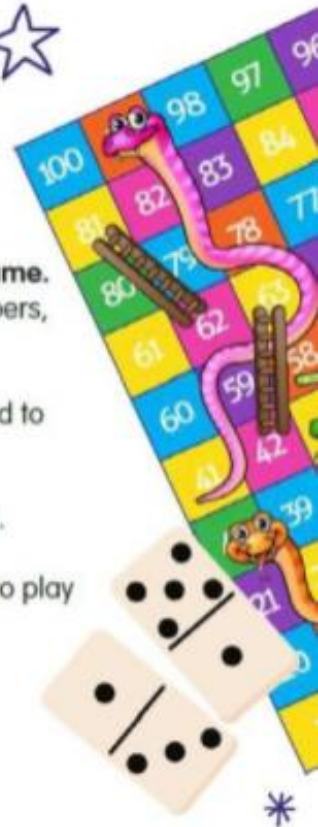


# World Maths Day Challenges

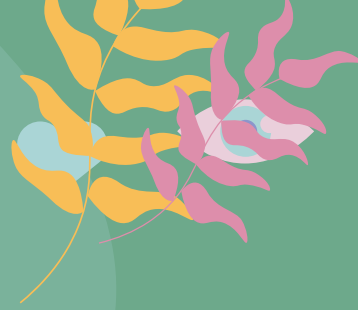


## Design and make your own original maths themed game

- 1. Decide on what type of game you want to make.**  
This could be a board game with questions, a card game, or a physical game. You could use one of your favourites for inspiration. Think about whether it will be for one player, two players or more.
- 2. Choose the area of maths that you will include and how it will work in your game.**  
Try to include an area of maths that you have been learning about, such as numbers, calculations, fractions, decimals, shapes, or measures.
- 3. Draw your design.** Plan out your game and decide on the resources you will need to create it. You might also like to create a theme, such as sport, space or animals!
- 4. Make your game.** Collect or make all of the resources that your players will need.
- 5. Every great game needs some instructions.** Create a set of instructions for how to play your game. You could include number of players, aim of the game, step by step instructions, and how you can win!
- 6. When your game is ready, set it up and try it out!**  
You could challenge family or friends to have a go too.



# Project of the Month





# Healthy-Lifestyle Gardening

As having a healthy lifestyle includes calming and taking care of oneself, studies have proven that gardening is the best way to release stress and to encounter peace. It is a movement that allows individuals to reconnect with nature and the act of eating while also obtaining more independence from the existing industrial food system.

Join the **WINGROWS** initiative and start your own garden.

[https://gemsedu-my.sharepoint.com/:w:/p/debbiejo\\_m\\_win/EQVOvpCfCKROINNi0HPpueEBxtMGFh1FSpiD9xUXrFRonQ?e=oo0hVe](https://gemsedu-my.sharepoint.com/:w:/p/debbiejo_m_win/EQVOvpCfCKROINNi0HPpueEBxtMGFh1FSpiD9xUXrFRonQ?e=oo0hVe)

If you have made recycled pots in week 3, then it's time to fill them up now.

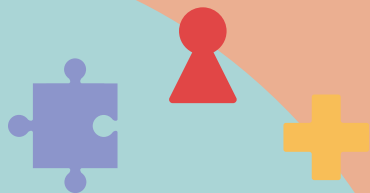




**We can't wait to see all the wonderful contributions from WIN students, parents, and teachers. Choose one activity, choose two, or if you want to, do them all - anything that makes your heart happy and evokes a sense of wellbeing.**

**All contributions can be sent to [winwellbeingfulcrum@gmail.com](mailto:winwellbeingfulcrum@gmail.com).**

**You can find all your contributions on Instagram [@win\\_wellbeing\\_fulcrum](https://www.instagram.com/win_wellbeing_fulcrum)**



**THANK YOU**

