



The Bright Side

Postboxes have been painted blue to thank NHS workers for their efforts during the crisis.



Niles Fitch has just made history by becoming Disney's first live-action black prince.



Watch Lloyd at Art Attack for inspirational ideas

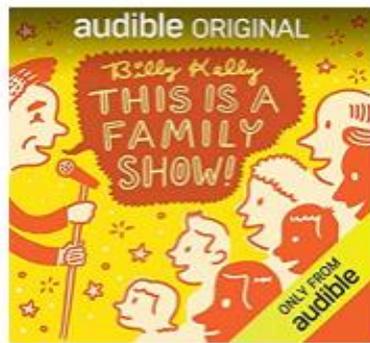


Weekly Wellbeing

LET'S KEEP LEARNING

Did you know that **learning new skills** can **boost confidence** and give you a **sense of achievement**? It could be anything from picking up a book, doing a crossword or researching something you're curious about. Learning is about challenging ourselves to do something different or improve upon what we've done before 😊

We hope you enjoy reading and remember to look after yourselves 😊 The Bucks Mind CYP Team x



Discover hundreds of books **FREE** to stream on **AUDIBLE**

<https://stories.audible.com/start-listen>

Quote of the Week

"Believe you can... and you are halfway there!"

-Theodore Roosevelt

Get to know your squad better with these conversation starters...

- ❖ What's one thing that can instantly make your day better?
- ❖ Which meal is your favourite: breakfast, lunch, or dinner?
- ❖ What's your favorite season and why?
- ❖ Where's the next place on your travel bucket list and why?
- ❖ Would you say you're more of an extrovert or an introvert?
- ❖ What song always gets you out on the dance floor?



STARTER OF THE DAY



Jessica thinks of a number.

She multiplies this number by 8 then subtracts 5.

Her answer is 43. What was Jessica's original number?

Visit **Transum Mathematics** for a range of puzzles and lesson starters every day of the year :)

https://www.transum.org/Software/SW/Starter_of_the_day/Index.asp?M=4

Weekly Wellbeing

Animal Pancakes

Serves 4 in 30 minutes

Ingredients

6 cups pancake mix (720 g),
prepared

strawberry, for decoration

blueberry, for decoration

banana, for decoration

chocolate chip, for decoration

maple syrup, to top, optional



FULL RECIPE:

<https://tasty.co/recipe/animal-pancakes>

Enjoying the weekly newsletters? Let us know by clicking the feedback link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsLrNkWUuWHRbLXGI7yvfHBe1x5Bovajv7VzJUODIXRUlIUEVRSkZTTkZNMDBQWjFKQ0JNNC4u>



Ideas to help you and others
Keep Learning:

- ✓ Learn to cook or bake something you've never made before
- ✓ Listen to a podcast
- ✓ Remain curious by asking questions
- ✓ Watch a documentary
- ✓ Research facts about a topic that interests you and share what you find
- ✓ Set yourself goals each week and take steps to achieve them

Searching for kid friendly news sites?



<https://www.insidescience.org/>



<https://www.firstnews.co.uk/>