



Newsletter



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Be Internet Legends have decided to launch a limited series of **LIVE online assemblies** which will be **interactive** and **bespoke** to each school. These exclusive sessions are first come, first served and there are **only a few left** at the moment – so we recommend acting quickly to avoid disappointment
[Click here](#)

They are also offering sessions for parents and workshops for teachers

Put that daily walk to good use



Now is the best time to see wild garlic while out on your walk, why not collect some and use in the kitchen with the help of the recipes below?
[Click here for recipes](#)

Ever thought about making your own elderflower cordial?
[Click here](#)



Free Parent Resources

Sustrans Outside In provides fun ideas and inspiration for parents to bring education, health and wellbeing activities into their home.

Parents can access resources by registering for our free parent newsletter. Over four weeks, they'll receive weekly videos, themed activities, games and challenges designed by our experienced school officers.

- www.sustrans.org.uk/outsidein

To find out more and to see a sample of the resources visit the website.



British Council - Schools

We've launched a fantastic [new online range of bite-sized versions of activities](#) and collected some of our most [popular resources](#), perfect for remote and home learning. In addition, we're offering a variety of free, online CPD and webinars. It's also an ideal time to find out more about online global school partnerships and how our language assistants are delivering remote learning.

For regular updates, follow us on [twitter](#) and [Facebook](#), where we will be sharing classroom ideas, new activities and resources, stories from our community plus partner offers. For more information on all the ways your school can benefit, here's our latest round up.



VESTA SPECIALIST FAMILY SUPPORT

Have created a Mental Health Guide for the Polish community living in Wrexham, Flintshire and Denbighshire. It provides information about a number of mental health illnesses and problems, outlining their causes, symptoms, treatment methods as well as contact details for the organisations providing support locally and nationally.

The guide is written in Polish. It has been created using mainly information published by the NHS.

The guide covers the following topics:

- what is mental health
- depression
- anxiety
- post-traumatic stress disorder
- eating disorders
- obsessive-compulsive disorder
- borderline personality disorder
- substance misuse - drugs and alcohol
- gambling
- organisations' contact details

You can download the guide from our website: <https://www.vestasfs.org/resources>

We believe that it will help people to understand their mental health better, demystify the taboo and encourage them to seek professional help.

And finally.....

Its Friday so why not enjoy a night in with a family quiz ...[Answers and more here...](#)

Family Quiz Night - Adults vs Kids - Trivia

Kids	Adults
How many legs does a spider have?	Which is the largest continent?
What is a baby cow called?	Which Prime Minister saw the UK through the second world war?
How many players are there on a football team?	Lisa Kudrow played which character in the sitcom Friends?
Who is the current Prime Minister of the UK?	Who is the owner of Facebook?
Which planet in our solar system is known for having a ring?	In which year did Princess Diana die?
What type of fish is Nemo?	How many states are there in the USA?
How many hours are there in one day?	Which BBC music programme was broadcast weekly from 1964 to 2006?
True or false? Jellyfish have no heart and no brain.	Emerald is the birthstone for which month?
Which four countries make up the UK?	Which author wrote The Lord of the Rings?
Who is Batman's sidekick?	On a computer keyboard, which letter comes between S and F?
Which colour is made by mixing red and blue?	What is the capital city of New Zealand?
How many sides does a pentagon have?	Oneirophobia is the fear of what?
Which is the fastest land animal?	How many UK number ones did The Beatles have?
How many days are there in a year?	Which mammal has the longest gestation period?
In which country would you find the Eiffel Tower?	The song 'My Heart Will Go On' was made famous by which movie?

Still missing a night out? Open a bottle of fizzy water and tune into Ty Pawb for their live Friday night gigs - [Click here to find out more](#)

Don't forget to join in with their Arts at Home family activities too :)