



# Newsletter



giving  
nature  
a home

## RSPB Cymru

New resources from RSPB Cymru to help schools and families in lockdown for children 4-11 years old

[RSPB Resources](#)



## CAMHS Resources

This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being. I hope that you find it helpful.

[Click here to access](#)



CLILC • WLGA

WLGA have created **advice to parents and carers on how to spend their FSM payments**, along with some useful guidance on how to **eat well and spend less**. Please download the documents from the WCBC Health & Wellbeing webpage and share with your community.

[Click here](#)

## Trouble Sleeping?



Public Health England have produced a free year 6 lesson pack where pupils can explore the benefits of good quality sleep and learn strategies for better sleep....[Click here](#)

Here are also some top tips to help everyone get a better nights sleep -

[Tips for sleeping better](#)



## Be Internet Legends

Hello – Thanks to those of you who have expressed interest in our virtual parent sessions.

We're delighted to announce our very first dates – this week!

- **Friday 22nd May at 15:30**

These livestreams – hosted on YouTube – are an ideal way to strengthen support for your school community. Our experienced Be Internet Legends team will introduce the programme to parents and answer any questions and concerns they might have. If you're interested, please follow the next steps below. If these dates don't work for you, [check out our full schedule](#).



### What are the next steps?

We're currently offering a **limited number** of virtual parent sessions and inviting other schools along too – so if you're interested, please let us know. **Reply to this email and tell us which link you'll be sharing – and how many parents you'll be sharing it with.** Then feel free to reach out to your school community in whatever way works best for you!

[Access link for Friday session](#)



### What about me and my colleagues?

Why not book one of our **virtual teacher workshops**? There are still **spaces available**. We'll explore internet safety priorities during the pandemic and talk about how Be Internet Legends can strengthen your support for school communities – with a focus on digital wellbeing.

### [Book a virtual teacher workshop](#)

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#### The swifts are back!



We want to find out how swifts are faring in your village or town, and can train you to help. An hour or so observing swifts on fine spring or summer evenings – what could be better? If you would like help setting up your own survey, or would like to join a training workshop then please contact Ben Stammers (People & Wildlife Officer) -

[ben.stammers@northwaleswildlifetrust.org.uk](mailto:ben.stammers@northwaleswildlifetrust.org.uk)

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#### 30 QUESTIONS WILD Friday 22 May, 14:00, via Zoom

Join us for a wildlife quiz as we celebrate the start of 30 Days Wild in June!... no prizes and all for fun - you're very welcome to join in as an individual or as a home team.

Booking essential - [click here](#) to request Zoom login details.

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### And finally.....

What do you call an acid with an attitude? A-mean-oh acid.

An atom was sitting by the side of the lab crying. A second atom came over and asked if the first atom was OK. The first atom replied "I think I've lost an electron," to which the second atom asked, "Are you positive?"

Be like a proton, always positive.

How many eggs do French folk have for breakfast? One. Because one egg is un œuf.

**Teacher: Give a a sentence beginning with "I". A: Student: I is.... Q:  
Teacher: Stop there, you need to begin with "I am". A: Student: Okay...I am  
the ninth letter of the alphabet.**



