



The Healthy Lives Team supports schools, pupils and families with everything to do with health and wellbeing. We want to help you to live fitter, healthier and happier lives.

We are incredibly proud in Tower Hamlets to have supported schools to gain more Healthy Schools awards than any other borough in London. So please use this newsletter in whatever way suits you best to stay as fit and healthy as possible.

If you're in a school, please share this newsletter using your social media or website using the following **share** button, or you can click the hyperlink in the top right corner of this email:



Just to let you know, you're receiving this because you have either opted in to get emails from the council relating to children and education, or you are one of the Healthy Lives team's regular contacts, or you may also have been forwarded this email from your school.

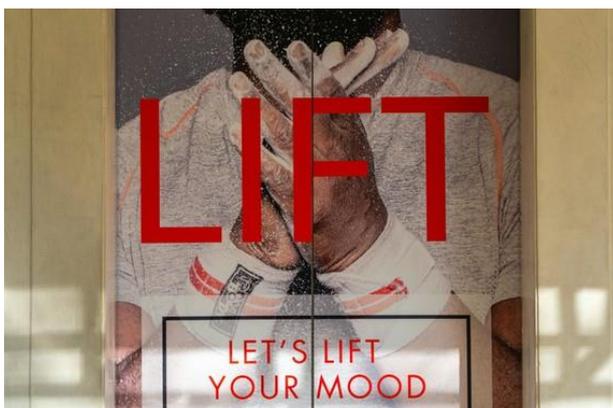
If you know anyone who would like to sign up to this newsletter, please send them the following link. They will need to close the initial pop-up subscription box and complete the one on the main webpage. They will then need to choose Children and Education as their preferred topic:

www.towerhamlets.gov.uk/signup

Take care,

The Healthy Lives team at London Borough of Tower Hamlets.

Here's a selection of fun activities for you and your family...



Wellbeing support for all Tower Hamlets school staff

After the popularity of sessions held a few weeks ago, the Healthy Lives Team have arranged further wellbeing sessions for Tower Hamlets school staff with the TH Community Education Provider Network. They are offering **Tower Hamlets school staff**, a safe virtual space to share experiences and good practice around wellbeing.

Participants will have an opportunity to discuss how they have been impacted by the recent changes, coping strategies, challenges, and what they have found useful, including what solutions they have used.

These dates are specifically for Tower Hamlets school staff.

Monday 6th July: 12-1pm

Wednesday 8th July: 1-2pm

Friday 10th July: 2-3pm

[Book your place >](#)



The Bromley By Bow Centre supports families

The Bromley by Bow Centre continues to support families in many ways, including through their Family Playrooms. The Playroom has nine rooms, covering activities like games, story time, arts and crafts, brain gym and an inspiration station. They are also hosting a House of Dreams Family competition to win a games hamper. Deadline for entries is 16th of July.

[Family Playrooms >](#)

[House of Dreams competition >](#)

They also have information about what's on and how to sign up for their Fairytale Festival on 1st August, playrooms podcasts for parents and access to the Family Playrooms magazine offline. You can also sign up to their Facebook page.

[What's On >](#)

[Facebook group >](#)



Kids activities and challenges from the V&A Dundee

The V&A Dundee have produced activities for kids and challenges for the whole family. These include designing a comic book, videogames character design and much more! The V&A Dundee also have a dedicated schools page for school staff.

[V&A activities >](#)



Free concerts from the Royal Albert Hall

Royal Albert Hall are offering free streamed concerts including Imogen Heap, Kaiser Chiefs and a series of shows for kids, including a Classical for Kids, featuring cellist Samara Ginsberg and pianist Leo Nicholson. All concerts are archived so you can view them at a later date.

[Royal Albert Hall >](#)



Museum of Fundon

The Museum of London is launching the 'Museum of Fundon', a whole range of exciting activities for families to do at home. Whether you want to become a puppeteer, test your memory skills, discover more about the Great Fire of London or just get crafty.

[Museum of Fundon >](#)



Visit the Titanic Belfast

Titanic Belfast have made their multi-media guide audio tour available online for free. Enjoy being taken around the iconic Titanic Belfast building and through the Titanic Experience galleries from the comfort of your home as you listen to lots of fascinating facts and additional information exclusive only to the guide.

[Discover the Titanic >](#)



New Summer dates announced for Holiday Childcare Scheme

The Tower Hamlets Holiday Childcare Scheme will be open week days from Monday 27 July to Friday 21 August. **Booking opens today, Monday 6 July, at 12 noon.**

Places are limited, and due to current restrictions, we have less capacity than usual. Places are to be awarded on a 'first-come, first-served' basis.

[Register and book your place now >](#)



The Voices Foundation

The Voices Foundation is an award-winning national charity which use the power of singing to improve the lives of children and young people in the UK. Their aim is to improve

musical, educational and personal outcomes for children aged 0-18 through singing. They offer schools a range of school packages.

The charity has adapted to utilise YouTube as a platform to deliver music education to as many children as possible during social distancing. Their channel on YouTube includes:

- **Into Choral** – High energy choral sessions for children and teachers in schools which includes vocal warm-ups and songs from around the world.
- **Into Music** – aimed at which demystifying musical ideas for beginners, children and parents.
- **Virtual Sing** – over 30+, 10-15-minute uplifting singing assemblies for children, parents and teachers led by The Voices Foundation staff.

[In-school packages & training >](#)

[You Tube >](#)



A selection of assembly ideas and class-based activities from Place2Be

These resources from Place2Be aim to support your school community as it comes back together. They have split these resources into four themes: self-efficacy, hope, gratitude and connectedness. The assembly and class/group ideas are intended to be used as a starting point to promote “emotional wellbeing, resilience and recovery”.

Their website provides further advice and updates on how to access their support services.

[Place 2 Be >](#)



Animated parenting tips for struggling households

The Institute of Psychiatry, Psychology & Neuroscience (IoPPN) King's College London, South London and Maudsley (SLaM) NHS Foundation Trust and Maudsley Charity have worked together to create a series of films to help families struggling during this current situation.

'Families Under Pressure' is a series of twelve short films offering parenting tips featuring the recognisable voices of a host of well-known parents including Olivia Colman, Rob Brydon and Holly Willoughby.

[Families under pressure >](#)



Parent and teacher support with returning to school anxiety

The charity Nip in the Bud has produced a short film and fact sheet to help parents and teachers deal with any potential feelings of apprehension and anxiety that children may experience on returning to school, providing important but easy to follow advice.

Nip in the Bud provides free resources about mental health awareness for primary school teachers and parents. Their short films and fact sheets can be accessed freely on their [website](#).

[Nip in the bud >](#)



Take a tour of Monet's house and gardens

If you fancy a slice of idyllic rural French life right now, the Claude Monet Foundation are offering a virtual tour of the Impressionist master's sprawling house and gardens. Monet created many of his most celebrated works, including his 250 water lily paintings, in the Norman village of Giverny.

Now you can explore his atelier, living quarters and all those world-renowned flower gardens from home.

[Monet's Gardens >](#)

**WATCH THEM
SPIN &
FLY**



Red Ted Art – paper helicopter

Based on nature's helicopter seeds these really are a marvel. Make the basic shape and then why not experiment and see how you can turn this simple DIY into a proper S.T.E.M. (Science, Technology, Engineering and Maths) activity by making alterations and predicting what will happen.

[Red Ted Art >](#)



Earth Cam – Niagara Falls, Canada

Watching nature in all its glory is always fun, so why not have a look at one of the Earth cams online? Here you will find one of Niagara Falls in Canada, which is three enormous waterfalls with 3160 tons of water flowing over them every second!

[Niagara Falls >](#)



Alice's Adventures in Wonderland - Audible

150 years after its original publication, *Alice's Adventures in Wonderland* remains one of the most widely read, deconstructed, referenced, and reinterpreted works of Western fiction. It tells the story of the young and imaginative Alice, who grows weary of her storybook; one

"without pictures or conversations"; and follows a hasty hare underground, coming face to face with a host of strange and fantastic characters.

[Alice's Adventures >](#)

And remember...



"Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!"

Anne Frank



The Healthy Lives Team want to support you with all aspects of health and wellbeing. We will be sending you regular newsletters that will be relevant whether you are at home with your children, working from home or at school.

Please feel free to share this email.

**Stay updated with local
coronavirus information:
www.towerhamlets.gov.uk/coronavirus**



-  Stay home
-  Protect the NHS
-  Save lives

Coronavirus updates and advice

The council is supporting the nation's efforts to stop the spread of coronavirus, while running our most critical services and supporting our residents, including those that are vulnerable.

We are regularly publishing advice for residents, local businesses and more at www.towerhamlets.gov.uk/coronavirus

We are also sharing updates with our subscribers in regular emails, and publishing stories on social media using **#TowerHamletsTogether**.

Sign up to our 'health and wellbeing - coronavirus' newsletter to get regular updates delivered to your inbox.

[Sign up for updates >](#)

Stay at home resources



More on staying healthy, happy and entertained at home

In addition to the highlights featured here, the council has put together a whole host of resources to help families and individuals stay happy, healthy and entertained while they spend more time at home due to the coronavirus pandemic.

From online Idea Store materials to educational activities, learning a new skill or hobby, taking a virtual museum or zoo tour, keeping fit or just having pure fun, we've got it all in one place.

[More activities and resources >](#)

Did you know that Tower Hamlets offers other email newsletters to keep you up to date on a variety of topics?

[See the list and sign up!](#)

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