

# DUNEDIN NEWSLETTER – ISSUE 1 (May)

Hello everyone and welcome to Dunedin's very first on-line newsletter!

In this edition you will find a message from Mac (the dog), a link to some exercise/workouts, a competition and some links to help you cope with lockdown. All the staff are missing you all and send you a big cheery 'Hello'.

## Message from MAC



“Come along with me and see my friends at the Zoo”

<https://www.edinburghzoo.org.uk/webcams/panda-cam/> This is for Pandas (because Mac loves Pandas') but you can watch other animals as well - Penguins, Koalas, Tigers.

## Jumping with Joy Joe

Now more than ever is a time when we need to focus on our mental health. Keeping active can really help how you feel. Here is a link to Joe Wicks

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Even Gill has managed to do 3 sessions of Joe Wickes every week and if SHE can do it you can! It's only 30 minutes long and half of the time is resting. Give it a go!

## Film recommendations



'Shaun the Sheep' and 'Swallows and Amazons' are both currently available on BBC iPlayer .... Fred highly recommends them both!

## Competition time



- We need someone to think up a good name for our newsletter. If you have any ideas please e-mail Rosie or Gill at school.
- Who can solve this riddle - 'I am full of holes but can still hold water - what am I?'

## Beat the Blues

If you are feeling pretty fed up, here are three links that might help you:

This one is great advice from Cathy Richards at Young Scot

<https://www.youtube.com/watch?v=T0ffCzN8ebE>

**Are you feeling stressed?** Stress bin is here to help - you will need a pen and paper to do this.

<https://www.youtube.com/watch?v=WYvUIYoenmQ>

and finally, this one for lots of advice

<https://youngminds.org.uk/>

**And finally ..... Watch out for information from Vicky re V.E. Day celebrations, coming soon.**