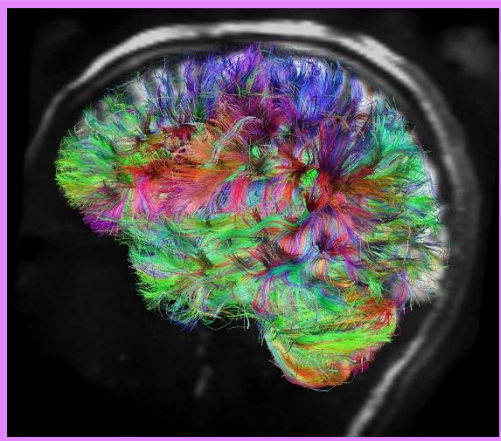


# Virtual Enrichment & Home Learning

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## Developing Cognitive Ability: SharpBrain

SharpBrains is an independent, research-based organisation that is all about the working of our brains. There are a huge amount of [resources on the website](#) aimed at developing brain health. There are also [25 Brain Teasers, Puzzles and Games](#) for you, your family and your friends to try.

It is always good to learn more about our brains and how they work.....  
.....and also to exercise them whenever we can!



## TypingClub

[TypingClub](#) is a site where anyone can learn how to touch-type, (using all of your fingers to type on a keyboard, without looking at the keys!). From basic lessons on lowercase letters to using capitals, numbers, and even symbols, almost every aspect of standard keyboarding is covered. Directions are relatively simple, and startup is very easy. The website has a full range of experiences from games, videos and different typing challenges to make learning fun.

This is a great skill to learn that could be really useful for everybody and something the whole family could try!



## Basic First Aid: How to Be an Everyday Hero!

This [free course](#) offered by Glasgow University offers the opportunity to start to learn valuable skills for the whole family. You will learn how to recognise and manage emergencies and build a foundation of first aid knowledge and skills to build on. Whether it's how to help someone who's choking, helping someone who has passed out, or helping someone with a severe cut, this course will give you the confidence to deal with basic first aid problems.

# Mental Health Awareness Week

Mental Health Awareness Week 2020 is a chance for the UK to focus on mental health. Hosted by the Mental Health Foundation, Mental Health Awareness Week takes place from 18-24 May 2020.

The theme this year is **kindness**. The focus on kindness is a response to the coronavirus outbreak, which is having a big impact on people's mental health. Mark Rowland, chief executive of the Mental Health Foundation, said: "We want to use Mental Health Awareness Week to celebrate the thousands of acts of kindness that are so important to our mental health. And we want to start a discussion on the kind of society we want to shape as we emerge from this pandemic."

The website [\[LINK\]](#) has lots of ideas about how to get involved in Mental Health Awareness Week, a range of great resources, stories of kindness plus a roundup of online support available.



If we take the time to be kind to other people, we can reap the emotional dividends. It can really make a difference and especially for people who are vulnerable or struggling.

Now is the time to re-imagine a kinder society that better protects our mental health. The [Kindness Matters Guide](#) aims to show you the positive impact helping others can have on your own mental health, including some tips and suggestions to inspire you.



## What do we mean by kindness?

When you think of "being kind" what comes to mind first? Maybe you think about a friend or family member who you know you can rely on for comfort and support, maybe you think of a neighbour who always makes an effort to be friendly when you cross paths, or maybe you think of those who volunteer to help in their communities.



Don't miss the launch of our video message of support for everyone in our community during Mental Health Week.

The message will be available for viewing on our school website from Friday 22<sup>nd</sup> May 2020. [A direct link will be sent shortly.](#)