

HBHG TEAM WEEKLY NEWSLETTER

Hello everybody!

We are so excited to share with you our first issue of the HBHG team newsletter. This newsletter was born out of a need to connect; particularly now in these crazy times, it is more important than ever to keep in touch as a student community. We hope you enjoy reading it - Shabbat shalom!

JFS Societies

Name	Day/time/Year group	Link
Chess Society	TBC	TBC
Debating Society	Friday Lunch Years 11-13 can participate All years welcome to watch	TBC Join the WhatsApp group for up to date information! https://chat.whatsapp.com/E5wVDk270akHTw6EBghj1m
FemSoc	Tuesday Lunch Years 10-13	JFS Fem Soc - Meeting Link Meeting ID: 939 577 0549 Passcode: 0Ceq1R
FilmSoc	TBC	TBC
GreenSoc	TBC	TBC
History Society	Monday 4 PM Years 11-13	TBC
JIEP Lunch and Learn	Tuesday lunch Sixth form	DM JIEP/ email Batsheva for information
Maths and Physics Society	Tuesday Lunch Years 10-13	TBC
LawSoc	TBC	TBC
Music Society	Thursday Lunch Years 12-13	https://tinyurl.com/JFSMusicSoc Meeting ID: 549 568 8450 Passcode: MUSIC

PhilSoc	Wednesday Time can vary	Join the Facebook group for up to date information! https://www.facebook.com/groups/125681654797575
PoSoc	Thursday Lunch Years 10-13	Join the Facebook page to stay up to date on information! https://m.facebook.com/groups/1433524063589700

For all TBC links, please check the @jfshbhgteam Instagram page on the day.

Please contact us @jfshbhgteam via Instagram with any questions, suggestions, if you would like to promote an event, announcements or to write a comment piece for the newsletter. Our DMs are always open!

HBHG team wellbeing and creativity scheme

Creativity is an essential, cathartic outlet. Therefore, we have decided that over lockdown, we want you to **send us your poems, short stories, art and photography**. We will publish these in this newsletter and on our Instagram- this can be done anonymously if you wish. Sharing our lockdown experience as a community will help us all feel a little less alone and act as a time-capsule for future JFS students. You do not need to be perfect at poetry or amazing at art- we want to see the real JFS student experience of lockdown!

Please get involved- together we will be recording history! DM us **@jfshbhgteam**

Volunteering opportunities

GIFT: Giving is a great way to help others and to feel good! Find out the many ways to give this lockdown in the link www.jgift.org/lockdown

Please see the attached posters for more information about tutoring, mentoring and more options with GIFT.

What to watch

1) BBC Two (on iPlayer)- David Bowie: The Last Five Years

Feed your cultural appetite by watching the people closest to David Bowie intimately reveal the incredible life and character of the late English singer-songwriter and performer, one of the defining artists of the 20th and 21st century.

2) Netflix- Headspace Guide to Meditation series

New to Netflix, unwind, breathe deeply and support your wellbeing by learning meditation techniques using Headspace's short, animated and friendly-for-all 20-minute episodes on Netflix.

3) BBC-Panorama The Race for a Vaccine

Discover the remarkable inside story of the development of the Oxford University and AstraZeneca vaccine, following their work over 11 months in the race against Coronavirus.

4) BBC- Dr Radha's five mental health tips for lockdown

In a 2 minute animation, Dr Radha Modgil from BBC Radio 1's Life Hacks shares her top five tips on how to stay mentally and emotionally well during the coronavirus lockdown, all beginning with the letter C. Have a look and see what little things you can do to better your wellbeing.

Comment piece

Can we really learn from the 1918 pandemic as we battle Covid-19?

'We were afraid to kiss each other, to eat with each other, to have contact of any kind. We had no family life, no school life, no church life, no community life. Fear tore people apart.'

Whilst this quote has an eerily familiar tone, it is from 'Pandemic 1918: Eyewitness Accounts from the Greatest Medical Holocaust in Modern History', Catharine Arnold's absorbing account of the Spanish Flu. In our battle with Covid-19, we tend to look to our past to discover valuable lessons about life gripped by a pandemic. However, in our ever modernising world filled with scepticism and conspiracy theories, can we really learn from the situation of 1918?

As the Spanish Flu swept the world stage after the calamities of WWI, the internet was not around to platform wildly false conspiracy theories. People did not have to deal with populist politicians who refused to take action against a deadly disease. However, one thing that we must hope exists as a similarity between the two pandemics: an ending. Despite the bleak situation faced from 1918-19, the pandemic did come to an end. The nation embarked on the 'roaring' 20s, so we must have faith that we too will experience our roaring 20s as this comes to an end!

Written by Eden Field-

Deputy Head Girl; studying History, English Literature & Politics at A-Level.

**Every week we will be publishing a beneficial comment piece, whether it be commenting on a charity event, news article or TV show or anything else. We would love for you to get involved; regardless of your year group! Please send us brief articles of no more than 200 words that you want to share with our student community.
DM us @jfshbhgteam!**

Check out @jfshbhgteam Instagram to stay up to date with the BIG NEWS OF THE WEEK, posted every Thursday

Final words of the week

The past weeks and months have been filled with turmoil. Confusion, uncertainty and angst have troubled many of us. Finding stability amongst the chaos has been scientifically proven to support our wellbeing.

This week we took over the @jfs_wellbeing Instagram story, giving you all a peek into our daily lives and how we try to retain structure. Whether it be Saadiah Klein's get-up and go infectious energy of walking and painting in the morning, Daniel Grossman's more simple approach of tea at break or Chloe Miller's afternoon energising exercise, we hope to have shown you a variety of ways you can improve your daily life during lockdown to provide stability and bring joy.

But, we know that some days this isn't easy. That's okay! This lockdown is not a competition of who can bake the most banana bread, it is a time to be kind to ourselves. Be aware of how you feel, reach out to friends, rest, read a new book... self-care is whatever you need it to be.

Attending JFS societies, creative activities, watching a new interesting show or volunteering are all things that can lift your mood at home and form some structure.

Practice noticing the good things every day, however small and focusing your energy towards what you can control - even in a world that feels beyond our control.

If you find yourself feeling overwhelmed, low, or just generally struggling please do not hesitate to reach out to the school wellbeing team, your head of year team, tutors or others who you trust both in and out of school.

We hope through means such as this newsletter, we can all stay connected. Stay safe and be kind to yourselves and others :)

Shabbat shalom

From your HBHG Team

Chloe Fouladbaksh
Eden Field
Chloe Miller

Jake Gilbert
Daniel Grossman
Saadiah Klein

Please contact us @jfsbhgteam via Instagram with any questions, suggestions, if you would like to promote an event, announcements or to write a comment piece for the newsletter. Our DMs are always open!

YOU'RE DOING YOUR BEST,
AND THAT'S ALL ANY OF
US CAN DO.

don't forget to... {NOTES to SELF}

- 1 FOCUS ON THE GOOD (it's there.)
- 2 DO SOMETHING YOU LOVE.
- 3 GO OUTSIDE.
- 4 LOVE WHO YOU ARE NOW. (The past is over. Let it goooo.)
- 5 KEEP BEING BRAVE.

It might feel hard sometimes, but the night'll end + the clouds'll part.

BE KIND TO YOURSELF

©ANNELIESDRAWS

YOU ARE AWESOME

TAKE A BREAK

It's *ok* not to be **OK.**

ACCEPT YOUR FEELINGS

STOP TRYING TO BE PERFECT

TELL YOURSELF NICE THINGS

EAT HEALTHY ENJOY YOUR FOOD

DON'T COMPARE YOURSELF TO OTHERS

When you can't control what's happening, challenge yourself to control the way you respond to what's happening. That's where your power is.



GIV.UK

GIFT

STAY AT HOME BE A GIVER CHANGE LIVES

GET INVOLVED FROM HOME

FOR ALL THE FAMILY

MAKE A GRATITUDE PACKAGE

Give something back to Ambulance and Hatzola crews, using items you have in the house. Drop off points in each area and we will deliver them for you.

MAKE AN ISOLATION PACK

We will deliver you all items needed, you make up the package and drop off to someone who is isolating or lonely.

FOR 16+



VIRTUAL TUTORING

Get paired with a younger student who has fallen behind in school and needs help in a specific subject.



VIRTUAL MENTORING

Get paired with a younger student to teach a fun skill and bring a positive focus to their lockdown.



GIFT

BE A (VIRTUAL) MENTOR



CAN YOU HELP?

Get paired with a younger student to teach a fun skill and bring a positive focus to their lockdown. For ages 16+.



GET IN TOUCH!
www.jgift.org/lockdown

Registered charity 1153393



a member
of the
**jewish
futures**
family