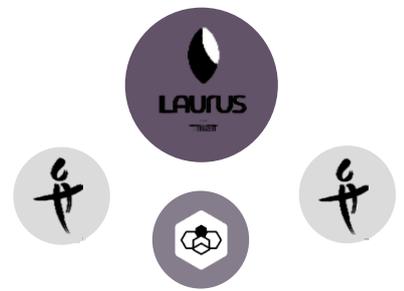


# LIBRARY NEWSLETTER

ISSUE 4

WORDS: MRS B  
DESIGN: MISS M



## THEME OF *Health & Wellbeing* THE WEEK

Dear Students,

Miss M, Mrs B and Mrs P are all missing our libraries very much. What are you missing about your school life? One of the things we've realised is the importance of taking care of our health and well-being. If we were in school right now, we'd have some fantastic books to recommend but things being as they are, we hope you enjoy the ideas we have put together for you! Let us know if you try any of them and if they work for you by tweeting us @DHSLibraryLT or @LCHLibrary!

### KEEP ON MOVIN'

We all know that the most important thing we can do to keep well is to keep our bodies moving. So what can you do to supplement your PE lessons? We recommended **Yoga with Adriene** in our first Newsletter but sometimes it feels good to get your heartrate up! Try **Hip-Hop Fit** from **POPSUGAR Fitness** for 30 minutes of body moving fun or **Oti Mabuse's Disney dance workouts!** Finally, **Joe Wicks** has set himself up as the Nation's PE Teacher - if you like his daily workouts you could give **his Body Coach Beginner Workout** series a try!

### KEEP SOMETHING ALIVE

In the book **Flour Babies** by **Anne Fine**, a class of children are each given a bag of flour which they must care for at all times. The characters become fond of their 'babies' and learn more about themselves. Why not try planting some seeds in pots on a windowsill or out in your garden & see what you can grow? **Miss M** is very proud of her quarantine tomato plants!

### MAKE SOMETHING

Search for **Kelsall Architects** and click on the **Covid Creative** page on their website.

Here you can download PDFs of your favourite Stockport and Manchester buildings, colour them and stick them together. Not for little kids, these are genuine architectural scale models and really rather beautiful. Why not give one a try?

### READ SOMETHING



"Reading gives us a place to go when we have to stay where we are."

Mrs B has had this quote from academic Mason Cooley on her desk for about five years. Never has it felt more relevant than now. Read something you like, something that gives you joy. Read something you've read before, something that gives you comfort and solace. Whatever you choose, make sure it makes you happy!

### LIBRARIAN'S CORNER

We've recommended re-reading old favourites! Why? Because when things are difficult, a familiar read can feel safe and very comforting.

Mrs B loves **Anne of Green Gables**, which she first read when she was in Year 7.

Miss M loves to re-read her **Jacqueline Wilson** collection – Jacqueline was her favourite author as a child!

Mrs P is re-reading **The Secret Diary of Adrian Mole** & wonders how he would feel being in lockdown with his parents!

### A POEM: SMALL KINDNESSES BY DANUSHA LAMERIS

I've been thinking about the way, when you walk  
down a crowded aisle, people pull in their legs  
to let you by. Or how strangers still say "bless you"  
when someone sneezes, a leftover  
from the Bubonic plague. "Don't die," we are saying.  
And sometimes, when you spill lemons  
from your grocery bag, someone else will help you  
pick them up. Mostly, we don't want to harm each other.  
We want to be handed our cup of coffee hot,  
and to say thank you to the person handing it. To smile  
at them and for them to smile back. For the waitress  
to call us honey when she sets down the bowl of clam chowder,  
and for the driver in the red pick-up truck to let us pass.  
We have so little of each other, now. So far  
from tribe and fire. Only these brief moments of exchange.  
What if they are the true dwelling of the holy, these  
fleeting temples we make together when we say, "Here,  
have my seat," "Go ahead — you first," "I like your hat."

### CHALLENGE

Think about the "small kindnesses" you might have encountered during lockdown. Maybe it's a compliment you've been given, a favour from a sibling, a phone call from a friend, or a friendly wave from a passer-by. Make a list, then see if you can recreate a version of the poem using your own experiences! We'd love to see your attempts, so please do share with us on Twitter!