



Fun Foodie facts by Elaine

- How to stop avocados from turning brown. Slice an onion and place with the avocado in a plastic container and store in the fridge.
- Did you know if you store tomatoes upside down, they keep their freshness for longer; this prevents air entering through the stem allowing the fruit to retain more moisture.
- Taking just one teaspoon of ground ginger four times a week helps lower inflammation in the body and removes fat from the liver.

- Ladies, if you are wondering why your hair isn't growing quickly, you may need to include more alkaline rich foods in your diets. Try the following and see if there are any improvements: cantaloupe melon, walnuts, avocados, papaya, cucumber, sesame seeds.
- Did you know bananas have many health benefits? They prevent hypertension and stomach ulcers and protect bones.

For all you bakers out there – here is a list of the best and worst flours to use while baking:

- White flour – no nutrition, often bleached
- Wheat flour – higher in fibre than white flour, slightly more nutrients
- Coconut flour – grain and gluten free, high in fibre and nutrients
- Almond flour – low in carbs, gluten free and high in fibre
- Rice flour – can be highly processed, gluten free



10 WAYS TO BECOME MENTALLY STRONGER

1. Take 15 minutes a day to self-reflect
2. Do at least one tough thing every day
3. Give up one bad habit
4. Develop positive self-talk
5. Identify challenges and set goals
6. Identify your strengths and weaknesses
7. Journal daily: record what makes you feel grateful
8. Write down 10 ideas every day: this will build your 'idea' muscle
9. Take care of your physical health
10. Create a healthy environment



Healthy Nutella!

Here is a recipe for a slightly healthier version of Nutella – delicious if you dollop some in the middle of your cookie dough before popping in the oven.

YOU NEED: 240g of roasted hazelnuts • 4 tbsp of cocoa powder
4 tbsp of maple syrup • 120ml of hazelnut milk
1 tbsp of vanilla extract • 2 tspn of coconut oil
2 tspn of sea salt

Whizz up the hazelnuts in a blender until they are ground to tiny pieces. Add the rest of the ingredients and blend again until smooth. Add in the additional milk if required to ensure the consistency is like butter. Voilà!



“BY FAILING TO PREPARE, YOU ARE PREPARING TO FAIL.”

BENJAMIN FRANKLIN



Spring is in the air, so start planting your summer bulbs in the garden or window boxes now ready for a pop of summery colour in a few months' time.

Are you prepared?

by Andy Holter

Last week we looked at working from home and this week we are going to look at being prepared for the changes to come.

So then, following the recent announcement that they will be returning to schools across England on the 8th of March: are you prepared? Parents, grandparents or even partners of parents, are you prepared for the changes that are about to come? After many months of home-schooling and a way of life that has been hugely different since the beginning of the Covid-19 pandemic, we are about to embark on the next part of the government's road map to recovery and prepare for another big change to our daily and weekly routines.

For those of us who have juggled the shouts for help, to the delivery of home-schooling, we have become accustomed to home working; changes in our daily/weekly routines and managing a fine work-life balance, one that has certainly had its ups and downs over the past year.

As we prepare to equip our young people with their schoolbooks, pens, pencils and clean school uniforms, we must be mindful of how these changes will impact our children upon their return school: meeting their peers, friends, and teachers; sitting down for long sessions in the classroom; and perhaps the prospect of leaving one school and joining another in less than a few months.

Like us, our young people will have anxiety; worries and concerns as they prepare for yet another change in their daily routine and a way of life. After months of learning from the comfort of their own home, they may undoubtedly struggle to return the routines of daily schooling after such a long time away from the rigid timetable of education.

As the parent, carer or significant other, we too may struggle with the sudden quietness, loneliness or even isolation (please refer back to our previously newsletters). The sudden prospect of returning to work and change in circumstances may also lead to feelings of anxiety, worries and concerns, not just for us, but for our children too.

Everyone is going to be impacted by these changes in some shape or form, so to help you prepare here are some helpful tips:

Start talking Your child might have worries about the virus, restrictions in place or their education and school: address these in advance of their return.

Establish a sensible sleep routine Sleep is especially important for your child's mental health and wellbeing, as well as their development. Try and help your child build a healthy sleep routine which they can maintain when attending school.

Put in place coping strategies Try encouraging children to speak with friends or family. Do regular exercise or use breathing techniques. Better still, if you feel comfortable you could consider sharing your own worries and feelings about the current situation and ways you are managing these feelings, so that your children can see it is perfectly normal to feel anxious in these unusual circumstances.

Make yourself available as much as possible Children may want to come and 'debrief', but maybe not when you expect. Create space for talking in different ways, such as going on a walk or baking together; there may be less pressure in these circumstances than when sitting face-to-face.

Look at the positives It might be helpful to talk with your child about the things they have enjoyed during the pandemic and what they may be looking forward to, like their favourite shop reopening, seeing friends in the park or getting ice cream from their favourite café.

Have a look at the CPJ Field wellbeing hub Why not have a look on SharePoint in our wellbeing hub, where there are various other helpful tips and suggestions for supporting one another in times of need.

