

Parental notes – Parents’ pastoral evening

Physical wellbeing

It is important that the boys learn to look after their physical wellbeing

We all have stress buckets and these can fill up and overflow. We therefore need to find personal ways of dealing with stress in positive ways.

To maintain healthy fitness habits is an important break from study and it a great way to destress and unwind and release endorphins.

Maintaining fitness is good for the heart and mind.

Walking the dog is also useful for being in the moment and getting some fresh air! Good for a revision break and the dog gets a walk too!

Getting lost in a novel and not feeling guilty for doing so is another great way

Sleep is crucial as a lack of sleep can lead to depression

There are meditation videos from MISP that can help here

The headspace app is also good but check it first

Spiritual wellbeing

Thinking through the big philosophical questions in life is well worthwhile in school

It helps us to actualize in the Maslow model and work out the contribution that we will make to the world – it helps to set our moral and spiritual compass and , in turn, influences our career choices and how we live our lives

It helps us to set our place in the universe

Failure is to be embraced not shunned for there are many lessons to be learnt and school is a safe place to try new things and fail

We all have fears the key is to try to manage them and work through them seeking help when needed from tutors, housemasters, teachers, counsellor etc

An attitude of Service is key – so join the DofE award as there is a service component engrained in this award – or go on the Moldova trip or serve as a prefect or at a local old peoples’ home. This is a great feature of Abingdonians.

Service will also teach gratitude which is important for positive mental health

If boys can learn to practice gratitude even better!

Exams

These can seem daunting especially external ones but when you break a task down , like climbing Everest , it puts the challenge into bite size chunks

Break down revision into sections using a planner

Think...what do I need to do TODAY , worry about tomorrow tomorrow.

Use techniques that work for you – eg mindmaps, mnemonics , post it notes, study groups

Tutors are also on hand to advise.

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Paul Gooding

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Physical Wellbeing

- Principle of Self care
- Cardio vascular fitness
 - Exercise through study
- Destressing – our stress bucket (pinch points)
 - Stress vulnerability model
 - Reading/ novel, hobbies
- Quality and sufficient deep sleep
 - Beditation and smart phones

Keeping up the other half



Spiritual Wellbeing

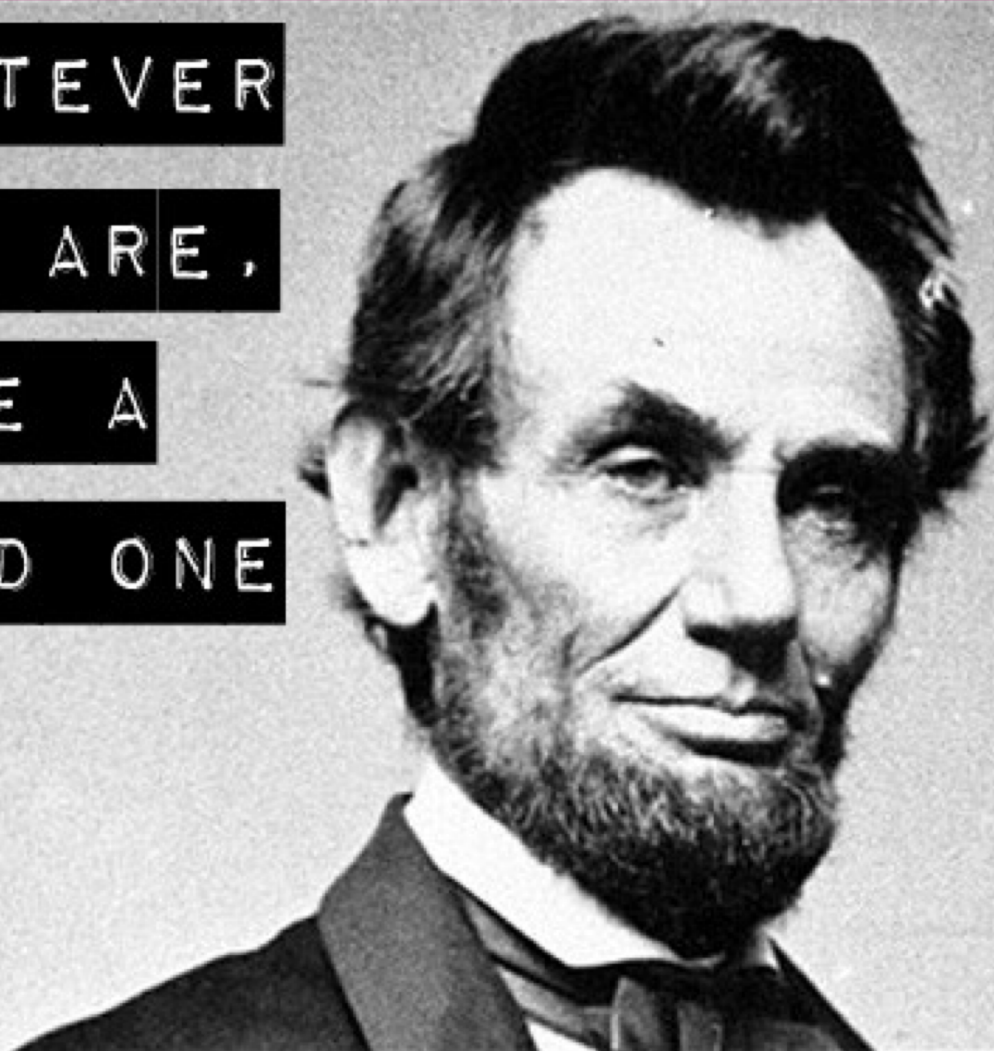
- Importance of nurturing personal virtues and values
- Working towards actualization – what is the goal? Who am I ? What contribution do I want to make in life?
- A positive approach to failure
- Developing resilience
- Working through fears

WHATEVER

YOU ARE,

BE A

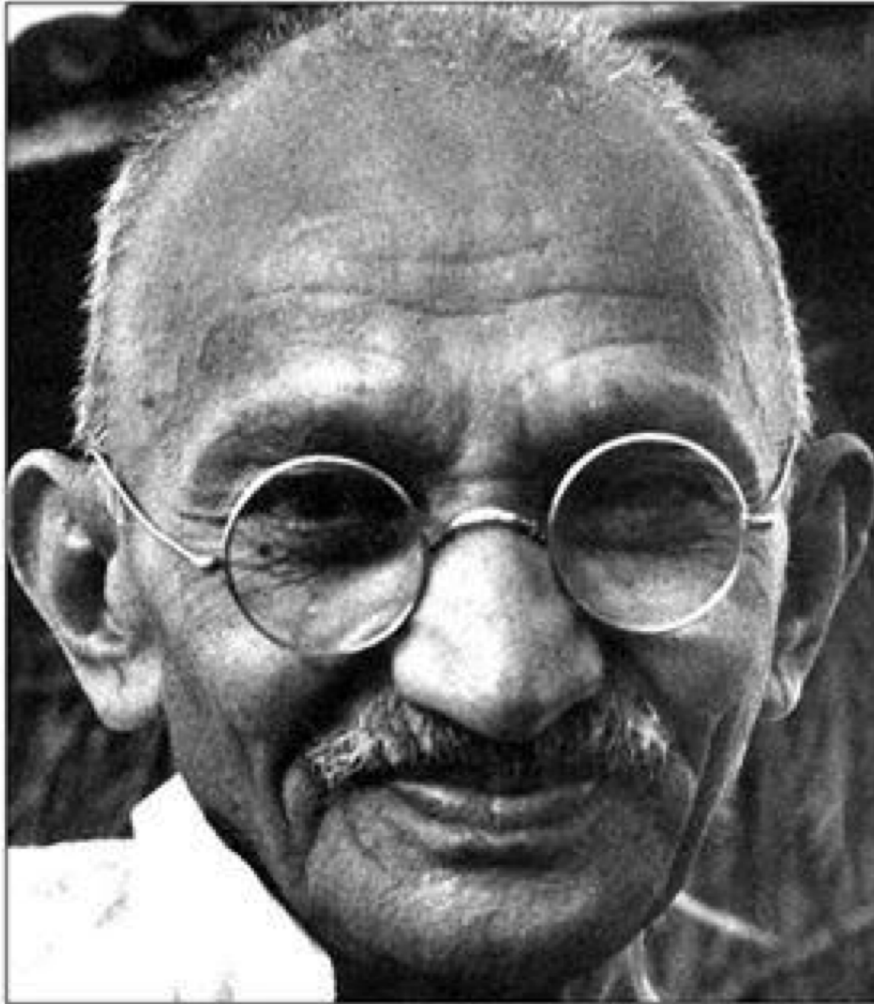
GOOD ONE



ABRAHAM

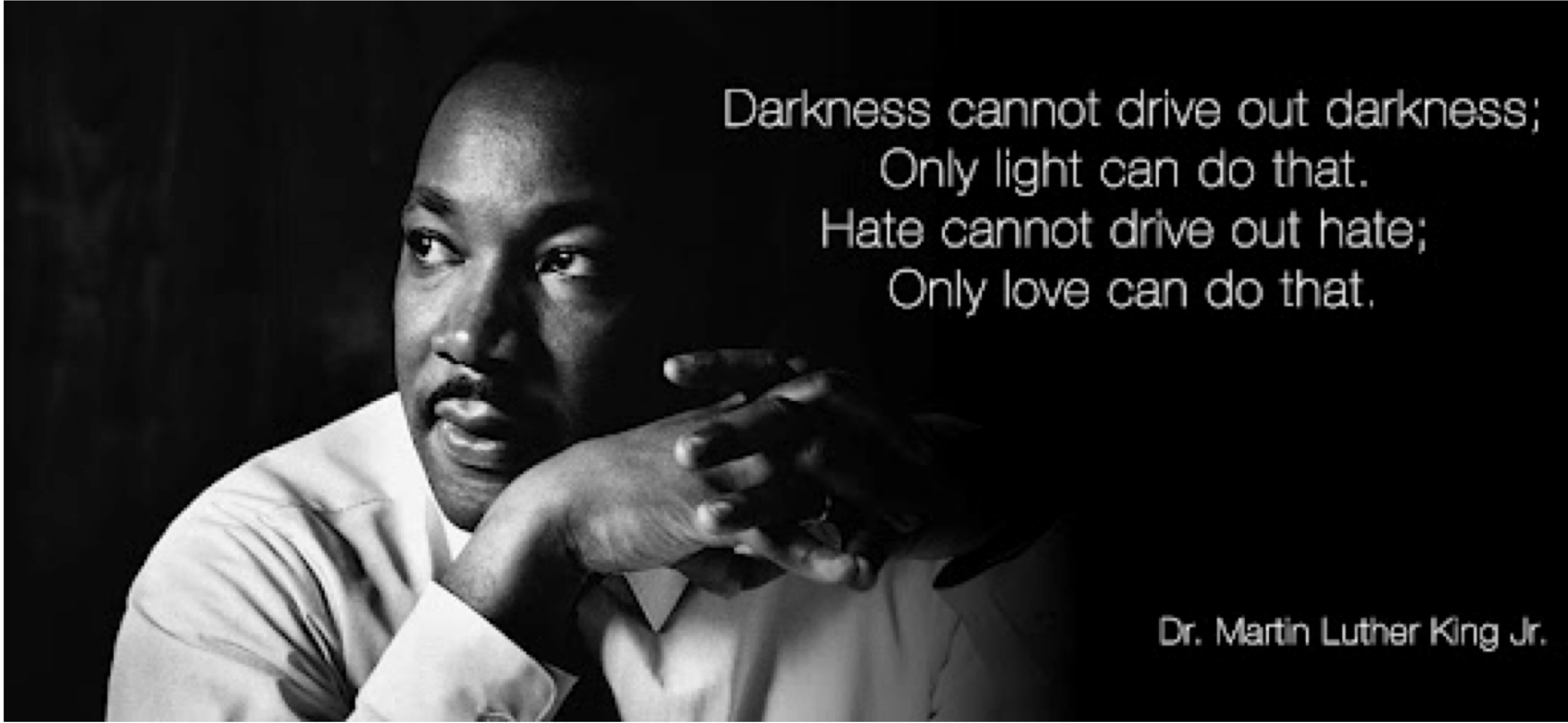

LINCOLN

more awesome stuff at ThumbPress.com



"YOU MUST BE THE
CHANGE
YOU WISH TO
SEE IN THE
WORLD."

- MAHATMA GANDHI



Darkness cannot drive out darkness;
Only light can do that.
Hate cannot drive out hate;
Only love can do that.

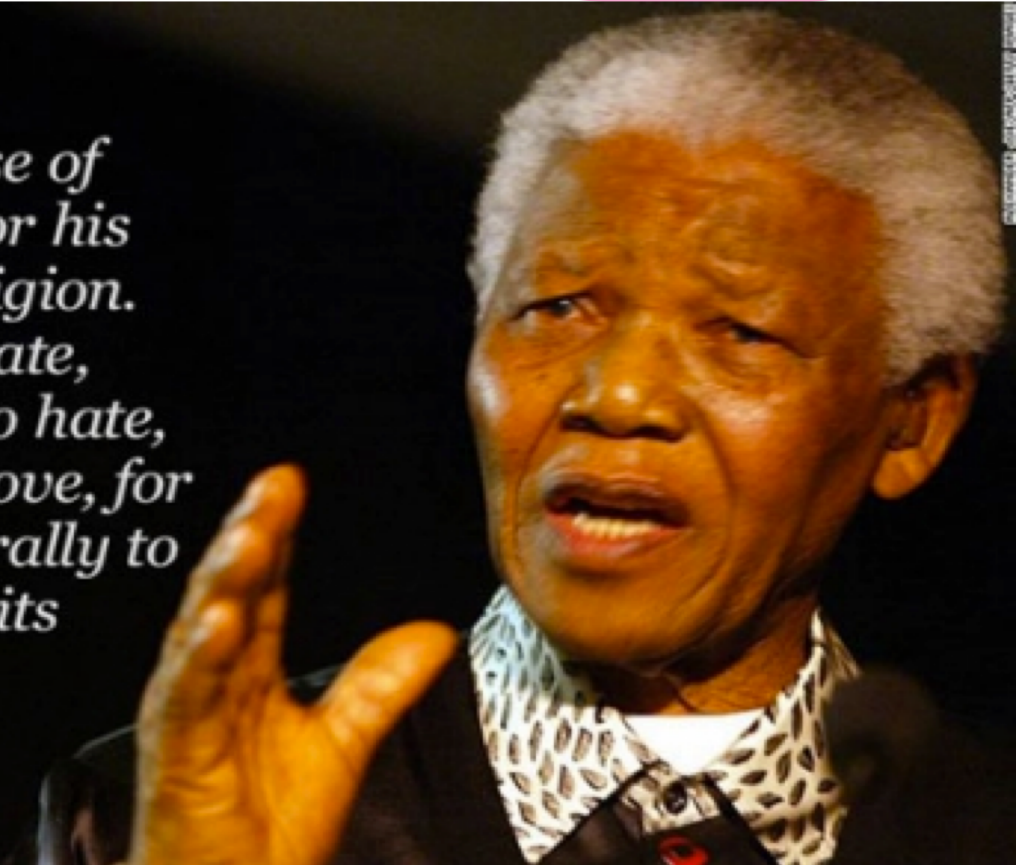
Dr. Martin Luther King Jr.

Our prime purpose in this life is to help others and
if you can't help them, at least don't hurt them.

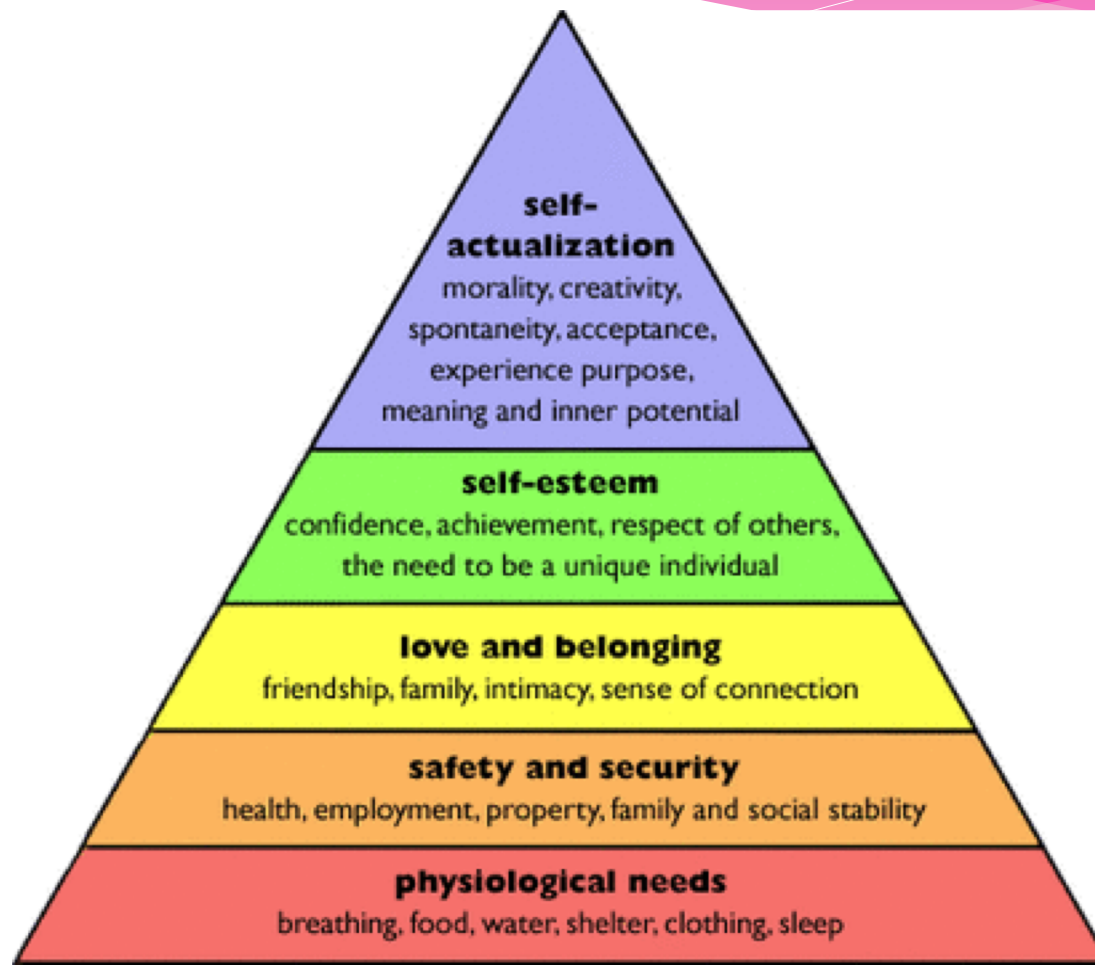
Dalai Lama / www.geckoandfly.com

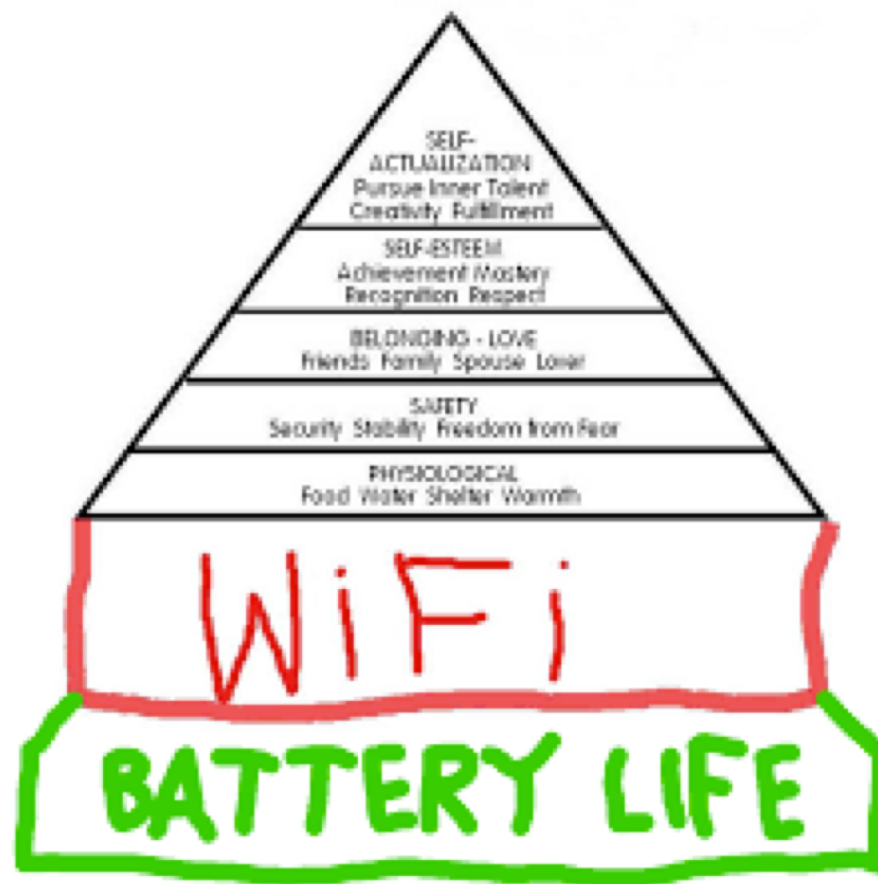


“No one is born hating another person because of the colour of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.”



Maslow

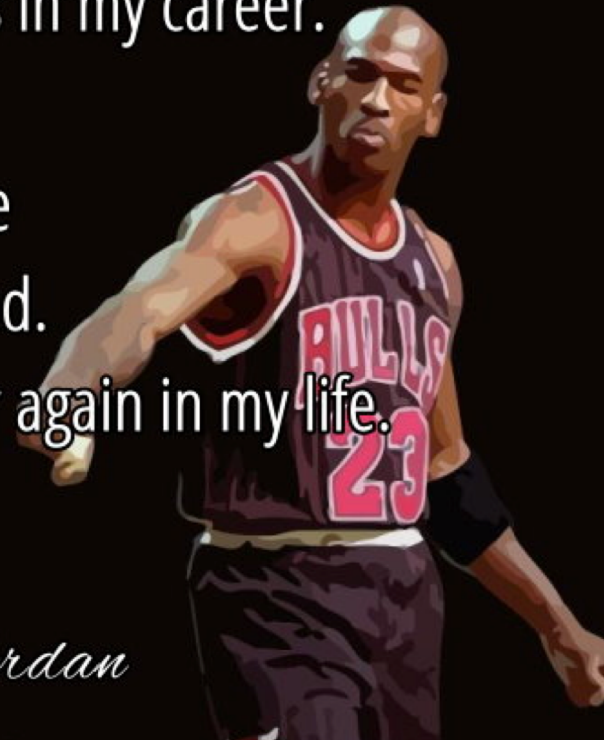




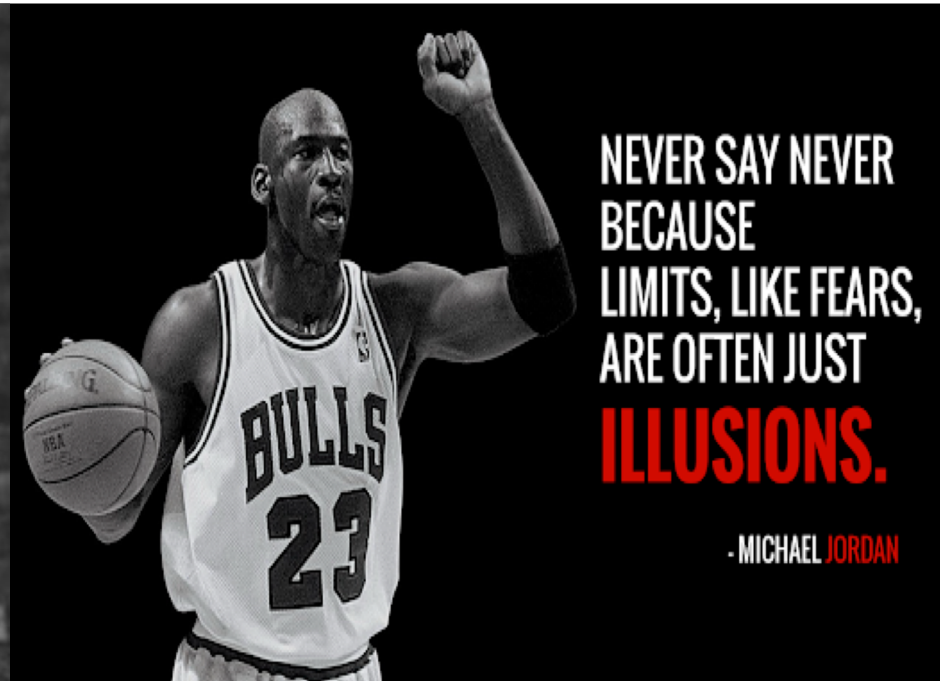
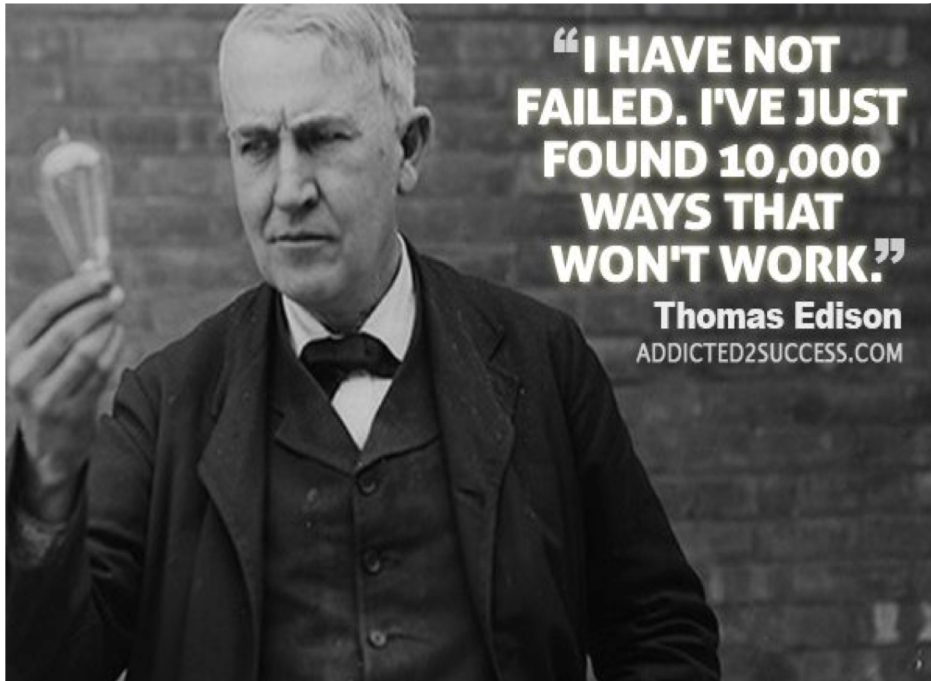
A positive approach to Failure

I've missed more than 9000 shots in my career.
I've lost almost 300 games.
26 times, I've been trusted to take
the game winning shot and missed.
I've failed over and over and over again in my life.
And that is why I succeed.

~ Michael Jordan



Failure and fears....



Spiritual Wellbeing

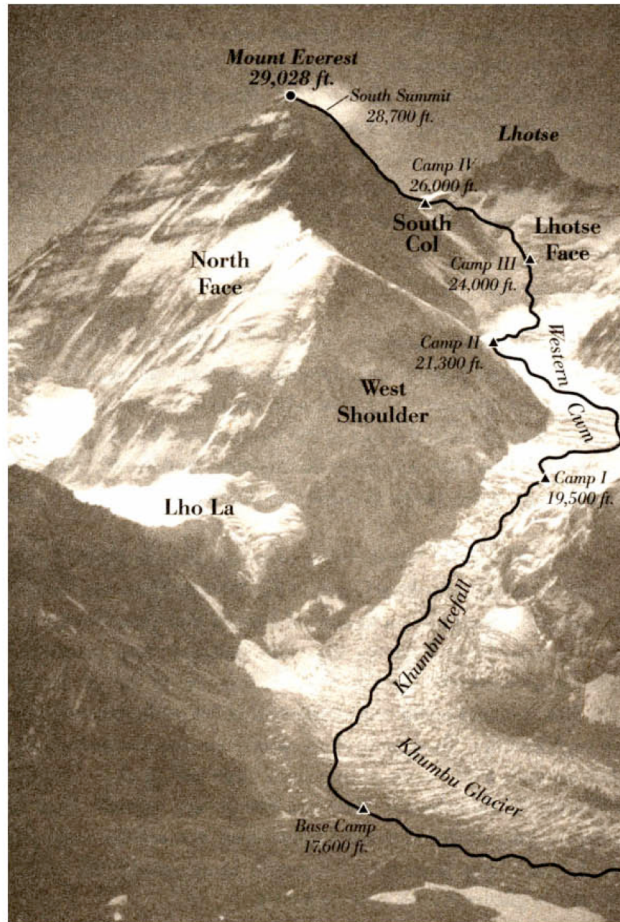
- Serve to lead – RMA Sandhurst motto
- Service to others – DofE (NB a service component), Moldova etc
- Practicing Gratitude regularly > happiness

Workload, exams, dealing with stress...



Getting a sense of perspective. Breakdown down complex tasks

ROUTE TO MOUNT EVEREST SUMMIT



- **Summit** (29,035') **May 2008**
- **Hillary Step** (28,800')
- **South Summit** (28,700')
- **Balcony** (27,500')
- **Camp 4** (26,000') (South Col)
- **Yellow Band** (25,000') (limestone)
- **Camp 3** (24,000') (midway on Lhotse Face)
- **Camp 2** (21,300') (Western Cwm)
- **Camp 1** (19,500') (top of Khumbu Icefall)
- **Base Camp** (17,600') **4/7**
- **Kala Pattar** (18,300') (Everest view) **4/6**
- **Gorek Shep** (16,900') **4/6**
- **Lobuche** (16,000') (beginning Khumbu Glacier) **4/4**
- **Pangbuche/Dingboche** (14,500') **4/2**
- **Tengboche/Deboche** (12,600') (monastery) **3/31**
- **Namche Bazaar** (11,300') **3/28**
- **Lukla** (9,200') **3/27**
- **Kathmandu** (4,400') **3/25**

Prior, planning and preparation prevents poor performance!



Elevate Exam Planner

[illegible]



Use post it notes!



Form Study groups



Maximum 4 friends. Each prepare a topic and teach it to everyone else in the group – providing handouts. This only works if people commit to it.

Getting help and support.....

- * Don't bottle it up
- * Tutor, Housemaster, teacher, firefly, mentor, friend, counsellor, etc
- * Seeking help being a sign of courage not weakness

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