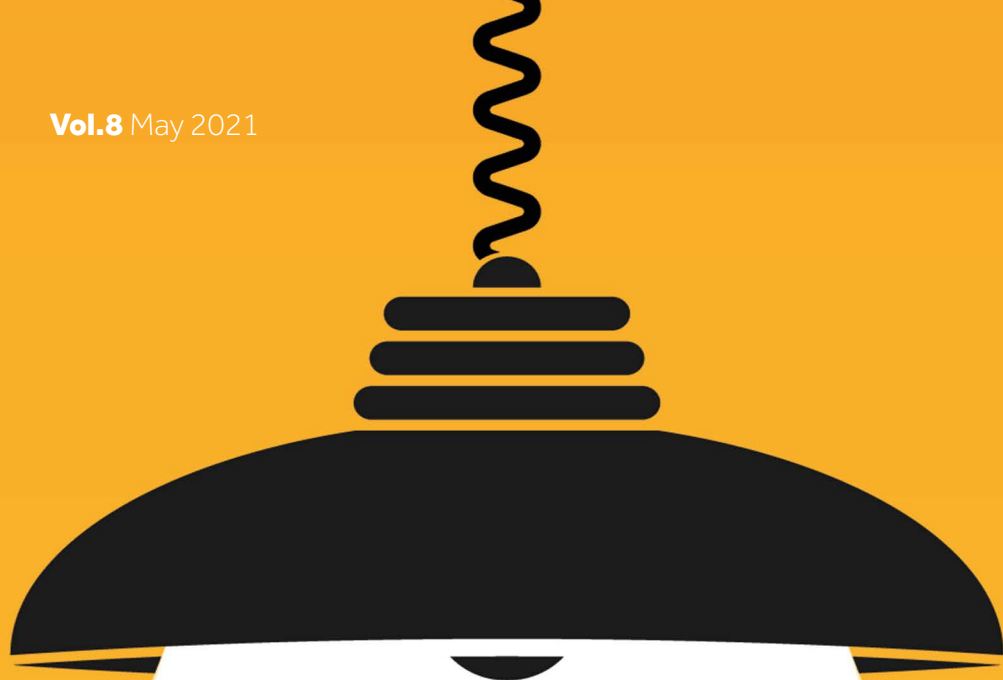


Vol.8 May 2021



PiXL May 2021

# Character Bulletin

[www.pixl.org.uk](http://www.pixl.org.uk)  
**BETTER FUTURE BRIGHTER HOPE**

# WELCOME

As we move towards the final steps of the Covid-19 lockdown roadmap, many schools will be looking towards the summer term as an opportunity to re-engage in sport and other opportunities that we know benefit the health of our students. In a recent study by the Youth Sport Trust, they found that there had been a significant increase in anxiety, trauma and related symptoms during lockdown.

- 41% of children felt lonelier
- 38% of children worried more
- 37% of children felt sadder
- 34% of children felt more stressed

Engagement in physical activity (recommended 60 minutes a day) dropped dramatically from 47% pre-lockdown to just 19% during lockdown. The benefits of exercise and activity, however, are evident in these statistics:

- 37% of children see it as more important to their lives than before
- 27% said it made them feel better
- 51% plan to do more in the future

In this bulletin, we look at how we can use some of the key dates in May to promote healthy lifestyles and to encourage our students back outside to engage in purposeful activities. We have a spotlight on Mental Health Awareness Week and this links in really well with National Walking Month and Walk to School Week. We also highlight Time for a Cuppa Week which provides opportunities for our young people to offer support to others that might be lonely and in need of some social interaction. National Vegetarian Week is an opportunity to look at our diets and to consider trying vegetarian food for a week, or even longer. It could also be used to promote the benefits of a vegetarian diet to those that have never considered it before. Finally, the month of May encourages students to get out and about and learn more about their local community with Local Community History Month.

Hopefully the month of May remains dry and our students will be able to engage in some of these events outdoors safely. As always, we would love to see and hear what you are up to so please do share your stories with us on Twitter via @PiXLEdge.

If you have any success stories you would like to share with us to be included in the PiXL Character bulletin, please email [edge@pixl.org.uk](mailto:edge@pixl.org.uk).

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# NATIONAL WALKING MONTH

## 1st – 31st May

Walking is a simple, free way of getting more physically active and is ideal for people of all ages and fitness levels. It is easy to build into your daily routine and does not require any special equipment. Many people do not think of walking as being exercise and as a trained PE teacher, I never fully understood the benefits of this until the pandemic struck and I was suddenly working from home and walking with my dog a lot more, finding footpaths I never knew existed.

Walking is great as we do not need to go to the gym, go swimming or play sports to get the benefits of exercise. Many occasions it is even free. Walking is a great way of reaching the recommended level of physical activity we need to stay healthy. Making small changes to increase your number of daily steps can lead to big health benefits. We should aim to establish a baseline of how many steps we currently do and aim to increase this gradually until we are walking for at least 2.5 hours per week, preferably in an outdoor space.

For walking to count towards a recommended level of physical activity, you should walk at a pace that increases your breathing speed and heart rate (as if you are late for an appointment) for just 30 minutes a day on at least five days of the week. Like other forms of moderate activity, regular walking is proven to reduce your risk of some chronic illnesses, including heart disease, stroke, asthma, type 2 diabetes, obesity, and some types of cancer. It can also help improve your mood, reduce your risk of depression, burn calories that can help you maintain or lose weight, strengthen the heart, reduce your risk for coronary heart disease, can help lower your blood sugar, ease joint pain, boosts immune function and energy, tone your legs, and help with your creative thinking.

### You can increase your steps in simple ways such as:

- Taking the stairs instead of the lift.
- Walking on your lunch break with family and friends.
- Parking further away from your destination and having a short walk.
- Walking for short commutes instead of taking the car.
- You can start walking by breaking the time into smaller chunks i.e. walk for ten minutes three times per day or fifteen minutes twice a day. Build this up to walking greater distances and picking up a faster pace..
- Convert sitting time to standing time.
- Sound an alert at random times, which is a signal for everyone to stand up and sit down. Impose a fine or forfeit for anyone caught napping.
- Take regular breaks from a computer, stand up, stretch and walk around.
- Make – and take – phone calls standing up.
- Hold standing or walking meetings.
- Agree that any speaker must stand during meetings.
- Do simple stretches led by the speaker, every time you move to a new agenda item during a meeting.
- Organise a lunchtime walk. Walk to work, walk before work, or get off public transport a few stops earlier and walk the rest of the way.

# NATIONAL WALKING MONTH

1st – 31st May

► Continued from page 3

Activity trackers like pedometers or those available on a smart phone are useful, motivational tools to help you track your walking progress. You can use them to set yourself goals and measure your success. I am addicted to walking outside in the fresh air daily and will always find the time to do this every day as it makes me feel better and less stressed.






I am signed up to walking from Lands’ End to John O’Groats virtually, tracking where I am on the map. I think my dog will complete it quicker than I will with the amount she runs and

comes back, but I personally aim to complete the 874 miles quicker than in a year that has been set me as a target. Geocaching is also another great way to get children out walking, and finding treasure can be fun for the adults too.

So, who is with me for walking more in May for the national walking month and what targets can you set yourself to walk more in a week to improve our fitness?

**Lisa Goodship – PiXL 6 South Regional Leader**

## LORIC opportunities:

-  **Leadership:** Run a lunchtime walking session.
-  **Organise:** Get a group of friends together to find some Geocaches.
-  **Resilience:** Aim to walk up to 2.5 hours a week outside.
-  **Initiative:** Text neighbours and friends to arrange for a weekly walk together.
-  **Communication:** Plan a list of walks around where you live and share with friends. Remember to try and walk with another person and not on your own.

# TIME FOR A CUPPA

1st May

There has never been a more important time to support those people impacted by dementia. This year has been incredibly tough with families and charities supporting those with dementia and many centres have had to close at a time when they were needed the most. Time for a Cuppa started in 2009 and has raised over £760,966.73 to support those affected by dementia.

There are around 850,000 people in the UK with dementia. People with dementia gradually lose their memory. This can mean forgetting all sorts of things, such as who people are, and how to complete activities like washing or cooking.

Even the smallest amounts of money could make a huge difference!

- £55 could pay for the telephone costs of 20 families calling our free Dementia Helpline, whenever they need support.
- £230 could pay for a brand-new nurse for a whole day, offering life-changing support to families facing dementia.
- £515 could pay for two Admiral Nurses to answer calls on our Dementia Helpline, all day on a Sunday, when families have nowhere else to turn to.



Our students are amazing at coming up with their own ideas to raise money and awareness of charities that are working tirelessly to support those affected by dementia, so please do share anything that your students do.

## Further resources:

- <http://www.national-awareness-days.com/>
- <https://www.dementiauk.org/>
- <https://www.brighterkind.com/news/blog/7-ideas-for-dementia-uk-time-for-a-cuppa-day-2020>

## LORIC opportunities:

- Leadership: Take responsibility for an event to raise money for Dementia UK
- Organisation: Organise a cake sale to raise money for Dementia UK
- Initiative: Create your own cake and deliver it to your local residential home
- Communication: Spend some time talking to someone that has dementia



# NATIONAL VEGETARIAN WEEK

**10th – 16th May**

A top-down view of a variety of fresh produce. In the upper left is a whole brown coconut. Next to it is a bright green apple. Below the apple is a green pear. To the right of the pear is a whole kiwi and a sliced kiwi showing its green flesh and black seeds. A large head of white cabbage is in the center. Fresh spinach leaves are scattered around, with a large bunch in the lower left. An orange is sliced in half in the lower right, showing its segments. Several carrot slices and whole carrots are also visible. The background is a light, textured surface.

In 2012, a National Diet and Nutrition Survey published by the Office for National Statistics estimated that 2% of UK adults and children were vegetarian. At the time, this amounted to 1.2 million individuals. More recent studies estimate that this figure now stands at approximately 5% - that's over three million of us!

The vegetarian diet excludes meat, fish and poultry. It is usually adhered to for personal, ethical or religious reasons. There are many reasons to adopt a vegetarian diet, such as:

- Animals are sentient beings who feel pain and suffering, just like humans.

- It is not uncommon for livestock, reared for mass production, to live in poor conditions.

Consumption of a vegetarian diet is one of the best measures you can take as an individual to prevent or slow climate change.

- 07

- Encourages individuals to consume a more balanced diet, through a higher consumption of fruits and vegetables.

- High in fibre and low in saturated fat. In turn, this can reduce the risk of obesity and high blood pressure.

- Avoids secondary consumption of antibiotics used in intensive farming methods.

- Reduces the chance of future novel zoonotic diseases emerging. New research has highlighted that 3 in 4 of the world's new or emerging infectious diseases originate from animals (<https://viva.org.uk/health/breaking-viva-launches-3-in-4-campaign-to-highlight-pandemic-risk/>).

- A vegetarian diet produces 2.5 times less carbon emissions than a meat diet.

- A chicken breast takes over 542 litres of water to produce. That amount of water could fill up your bathtub 6.5 times.

- By eating vegetarian food for a year, the reduction in emissions would equal the same amount as taking a small family car off the road for 6 months.

<https://vegsoc.org/info-hub/why-go-veggie/environment/>

See the following page for further resources and LORIC opportunities.



FURTHER RESOURCES: NATIONAL VEGETARIAN WEEK

### Articles/Online Resources

- The Vegetarian Society's Recipe Ideas - <https://vegsoc.org/recipes/>
- The Vegan Society's Lesson Resources - <https://www.vegansociety.com/lifestyle/school/lesson-resources>
- The Vegetarian Diet (NHS) - <https://www.nhs.uk/live-well/eat-well/the-vegetarian-diet/>
- BBC Good Food '10 things you should know before going veggie' - <https://www.bbcgoodfood.com/howto/guide/10-things-you-should-know-going-veggie>
- The Guardian '10 vegetarian and vegan blogs you need to know about' - <https://www.theguardian.com/lifeandstyle/2014/jun/09/10-best-vegetarian-vegan-bloggers>
- Happy Cow (plant-based restaurant recommendations) - <https://www.happycow.net/>

### Video/Film

**Netflix**

- Cowspiracy: The Sustainability Secret
- What The Health
- The Game Changers
- David Attenborough: A Life on Our Planet
- Seaspiracy

**BBC**

- Carnage by Simon Amstell


**YouTube**

- Earthling Ed - <https://www.youtube.com/channel/UCVRrGAcUc7cblUzOh1KfFg/videos>
- Avant-Garde Vegan - <https://www.youtube.com/channel/UCF-ACPYN0oXD4ihS5mbbmw>
- Dietician Answers Commonly Asked Questions About Going Vegan - <https://youtu.be/2Uut8vNBfdk>

### Cookery Books


- The Green Roasting Tin: Vegan & Vegetarian One Dish Dinners by Rukmini Iyer
- BOSHI! Simple Recipes, Amazing Food, All Plants by Henry Firth & Ian Theasby
- LEON Fast Vegetarian by Jane Baxter & Henry Dimbleby
- East: 120 Easy and Delicious Asian-inspired Vegetarian and Vegan recipes by Meera Sodha
- Deliciously Ella Quick & Easy: Plant-based Deliciousness by Ella Mills

FURTHER LORIC OPPORTUNITIES: NATIONAL VEGETARIAN WEEK




### LEADERSHIP

- Start a vegetarian society at your school.
- Start a vegetarian cookery club at your school.




### ORGANISATION

- Plan a week's worth of vegetarian dinners for your family.
- Research plant-based meat substitutes and pick a few that you can ask to be added to your family's weekly shopping list.




### RESILIENCE

- Join the Veggie 123 Challenge for the full seven days (<https://www.nationalvegetarian-week.org/join-the-challenge/>).
- Start by adopting the vegetarian diet for a few days of the week and then try to stick to it seven days of the week when you feel ready.



### INITIATIVE

- Nominate family members, friends or neighbours to take part in the Veggie 123 Challenge.
- Design and create a poster that advertises the benefits of vegetarianism and ask a teacher if it can be displayed at school.
- Cook a selection of vegetarian meals at home and share with family and friends.



### COMMUNICATION

- Create a blog or brochure on the benefits of vegetarianism and share with your family, friends and neighbours.
- Plan a series of vegetarian recipe ideas (breakfast, lunch, dinner, snacks) and share with your family, friends and neighbours.

# WALK TO SCHOOL WEEK

17th – 21st May

Are your students up for a five-day walking challenge? This is an annual celebration and part of the National Walking Month programme of events. For older generations the walk to school provided further opportunities to spend quality time with their friends and families. A generation ago, 70% of us walked to school, but less than half of children today walk to school. 47% of all children aged 5-16 in urban cities and towns walk to school, compared to just 13% in rural villages (NTS9908, National Travel Survey, 2018).

The aim of the week is for children to understand the importance of walking to school where it is possible and for it to form part of the recommended 60 minutes minimum of physical activity per day. It's been proven that keeping active in this way reduces the chances of becoming obese, developing heart conditions and other diseases. Right now, only half of 7-to-10-year olds do the recommended hour of exercise a day so it is up to parents, siblings and teachers to encourage more activity!



Each year there is a different theme. This year will focus on the walking superpowers and further details can be found on the official Living Streets website.



## Further resources

- <https://www.livingstreets.org.uk/>
- [https://www.livingstreets.org.uk/media/3618/lis\\_school\\_run\\_report\\_web.pdf](https://www.livingstreets.org.uk/media/3618/lis_school_run_report_web.pdf)

## LORIC Opportunities

- Leadership – Lead a skipping session with a small group or member of your family
- Resilience – Walk or cycle to school for the week
- Initiative – Create your own poster to promote Walk to School Week

# MENTAL HEALTH AWARENESS WEEK

10th – 16th May



# MENTAL HEALTH AWARENESS WEEK



This year, the theme for Mental Health Awareness Week is Nature. As we are entering spring, it is a great reason to get yourself outdoors. Immersing yourself in green spaces can boost your mood, happiness and help you to feel good.

Whether you fancy going for a run, helping out in the garden or even doing a nature trail, heighten your happiness by connecting with the outdoors this month.

## Did you know?

- Spending time with nature can improve our mental health and make you feel calm.
- Being outdoors in natural surroundings not only makes you feel better emotionally, it also improves your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and stress hormones.

Here are some simple things you can do to nurture your connection with nature:

- Enjoy a walk outdoors on your own or with a friend
- Get out in the garden and weed, plant, tidy and clean
- Collect shells on the beach
- Eat meals outdoors
- Go camping or camp in your garden
- Fly a kite
- Pick your own fruit and veg at a farm shop
- Grow your own food by planting some vegetables
- Watch a sunrise or sunset
- Throw pebbles or skim stones into water
- Hang a bird feeder
- Sit on grass and meditate
- Go fishing
- Run, cycle or make an outdoor den
- Go Geocaching

Caroline Sidell, Managing Director at Via Vita Health

## LORIC opportunities

- **Leadership:** Lead your friends for an outdoor fitness session.
- **Organisation:** Organise a family BBQ outdoors, design and cook a menu.
- **Initiative:** Plant your own vegetables in the garden and look after them as they develop.

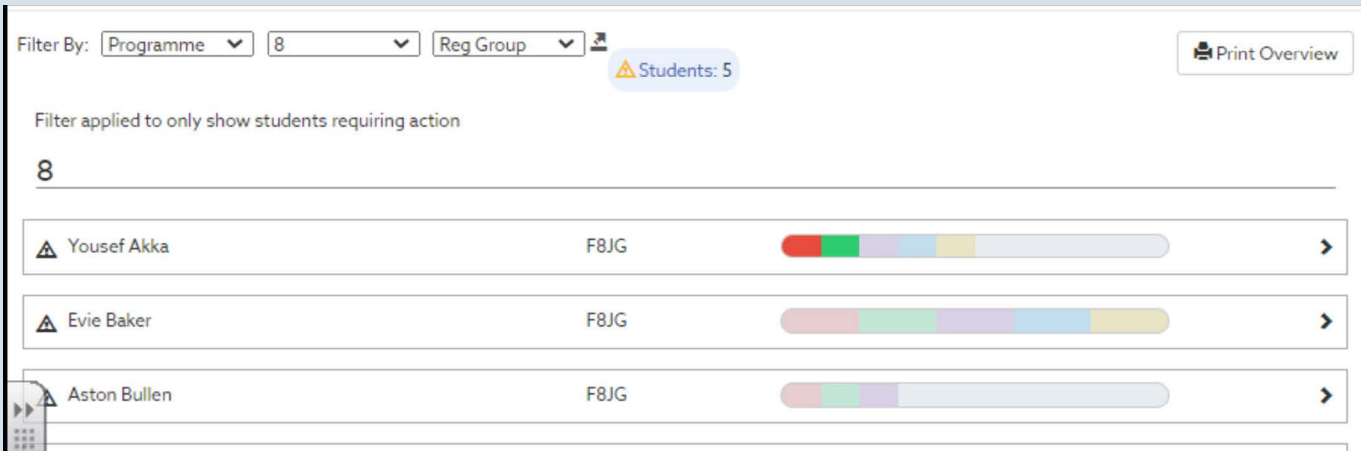
# SPOTLIGHT ON THE EDGE WEBSITE

## Want to know who is waiting for activities to be checked?

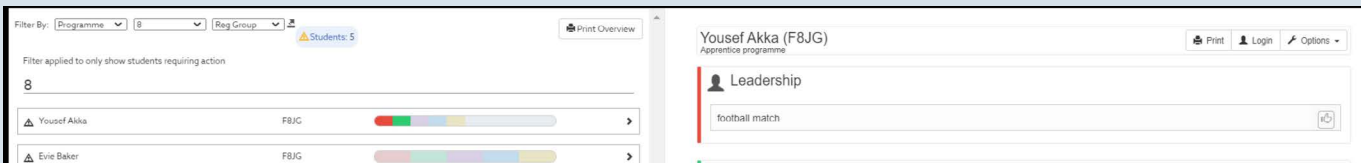
Want to find these students quickly? Now you can! When you log on to the homepage you will see Requiring Attention in the top right-hand corner. Click students.



This will then take you directly to your students that require attention and from here you can verify what they have done or return it back to the student if further information is required.



Click on the student that you want to check and it will bring up their profile. Remember: a thumbs up means it has been signed off already (it will be a bold colour) and a tick means it is waiting for you to check it (it will be shaded in a light colour).



Once you go into the specific activities to verify or return incomplete, the warning sign will disappear.



# EVENTS IN MAY

1st – 31st May 2021



## 1st May NATIONAL WALKING MONTH

### LORIC opportunities

**Leadership:** Lead your family on a walk.

**Organisation:** Plan a new walk for your family.

**Resilience:** Complete a long walk.

**Further resources:** <https://activenation.org.uk/>

## 1st May TIME FOR A CUPPA WEEK

### LORIC opportunities

**Organisation:** Can you organise a large catch up with friends online and raise some money for Dementia UK?

**Initiative:** Can you make a cuppa for your family this week?

**Further resources:** <https://www.dementiauk.org/>

## 12th May NATIONAL CHILDREN'S DAY

### LORIC opportunities

**Initiative:** Put a message in a bottle about how life was for a child in 2021.

**Communication:** Design a poster to share ideas about leading a positive lifestyle.

**Further resources:** <https://www.nationalchildrensdayuk.com/>

## 13th May NATIONAL VEGETARIAN WEEK

### LORIC opportunities

**Leadership:** Make a vegetarian meal for your family.

**Initiative:** Create your own vegetarian meal for your family.

**Communication:** Speak to your friends or family about the benefits of being a vegetarian.

**Further resources:** <https://www.nationalvegetarianweek.org/>

## 20th May WALK TO SCHOOL WEEK

### LORIC opportunities

**Resilience:** Walk to school for the week.

**Communication:** Speak to your class about the benefits of walking to school.

**Further resources:** <https://www.livingstreets.org.uk/>



# NEXT MONTH...

1st – 30th June 2021

## 5th June WORLD ENVIRONMENT DAY

### LORIC opportunities

**Resilience:** Take part in a project that has a positive impact on the environment.

**Initiative:** Research Ecosystem Restoration and create your own presentation to share with others.

**Further resources:** <https://www.decadeonrestoration.org/what-ecosystem-restoration>

## 5th – 13th June BIKE WEEK

### LORIC opportunities

**Resilience:** Cycle/part cycle to school every day.

**Communication:** Deliver a speech to your peers about the benefits of cycling.

**Further resources:** <https://www.cyclinguk.org/bikeweek>

## 8th June WORLD OCEANS DAY

### LORIC opportunities

**Leadership:** Lead an activity to raise awareness of ocean pollution.

**Organisation:** Organise a beach clean.

**Initiative:** Create your own poster to raise awareness of ocean pollution.

**Communication:** Speak to your peers about the damage pollution is doing to our oceans.

**Further resources:** <https://www.wwf.org.uk/>

## 17th June CUPCAKE DAY

### LORIC opportunities

**Leadership:** Lead a cupcake sale to raise money for charity.

**Organisation:** Organise a cupcake event.

**Initiative:** Create and make your own cupcake.

**Communication:** Design your own cupcake recipe book.

**Further resources:** <https://www.alzheimers.org.uk/cupcake-day>

## 23rd June INTERNATIONAL WOMEN IN ENGINEERING DAY

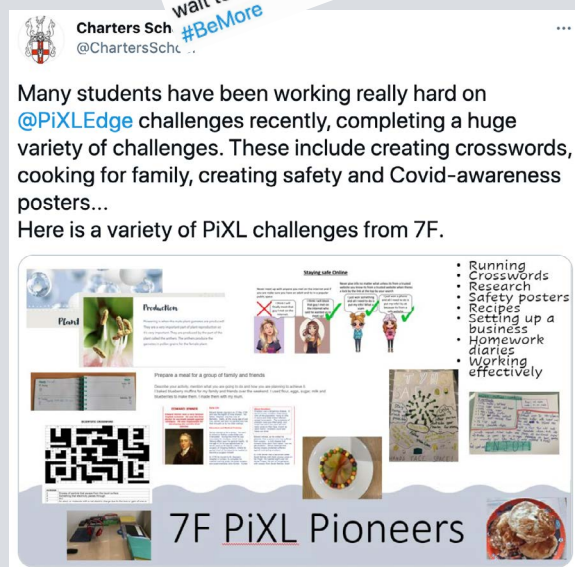
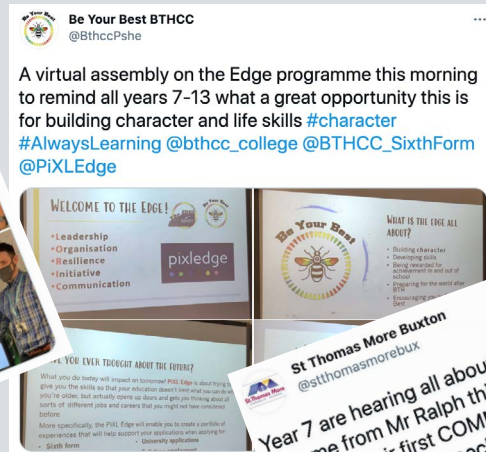
### LORIC opportunities

**Leadership:** Research women that have led the way in the field of engineering.

**Initiative:** Research jobs in engineering.

**Further resources:** <http://www.inwed.org.uk/>

# PIXL EDGE ON TWITTER!



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