



Sir Joseph Williamson's Mathematical School

Principal: Mr E Hodges



General Wellbeing

Cement Fields are an arts organisation in North Kent and are running a journaling project for young people. Young people who sign up receive a free journal and instructions on how to use it. Details are available at: <https://cementfields.org/projects/the-water-replies/>

North Kent Mind are now live with their Sunflower Squad Competition - completely free to enter and seeds will be posted out next week. Anyone can enter and sunflowers can be grown inside and outside. NKM are encouraging people to have a focus for the future, feel connected with the ability to send in photo/video updates or stories for their website and social media, as well as bring some sunshine into their space. Link with details on how to enter: <https://northkentmind.co.uk/2020/05/04/sunflower-squad-project/>

Anxiety and OCD type concerns

<https://youngminds.org.uk/blog/tips-for-coping-with-ocd-during-the-coronavirus-pandemic>

<https://youngminds.org.uk/contact-us/parents-helpline-enquiries/>

Sir Joseph Williamson's Mathematical School

Maidstone Road • Rochester • Kent ME1 3EL
Tel: 01634 844008 • Fax: 01634 818303 • E-Mail: office@sjwms.org.uk
Company Registration No. 2336587

Sir Joseph Williamson's Mathematical School is part of The Leigh Academies Trust



Shaping Lives, Transforming Communities