

# THE HAPPY NEWS @SDCC

ISSUE 1: MARCH 2020



## OUR INSPIRATION...

Emily Coxhead is a British designer, illustrator and happy thing maker.

In December 2015 she published her own newspaper, 'The Happy News', to remind people that there's a whole lot of good left in the world. Emily has since published her range of colourful greeting cards and products and published her book 'Make Someone Happy' with Penguin Random House. She is continuing to expand all things happy from the world's tiniest, most rainbow-filled office.

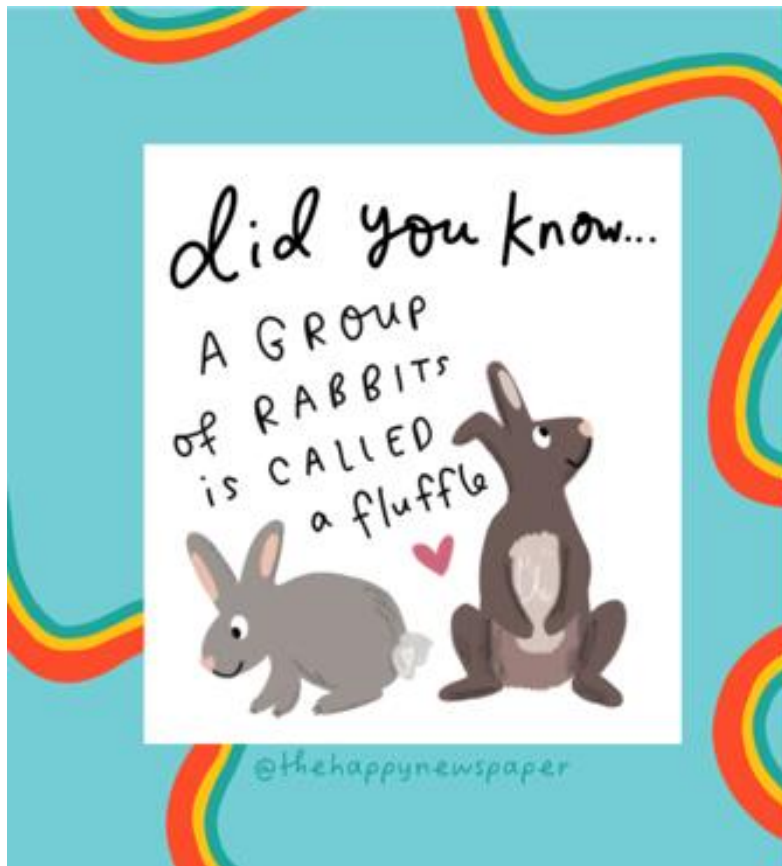
WITH EVERYTHING THAT IS GOING ON AT THE MOMENT, MISS SMALL THOUGHT SHE WOULD USE HER TIME (WHILST SOCIALLY DISTANCING) TO SHARE A LITTLE BIT OF POSITIVITY WITH THE SDCC COMMUNITY.

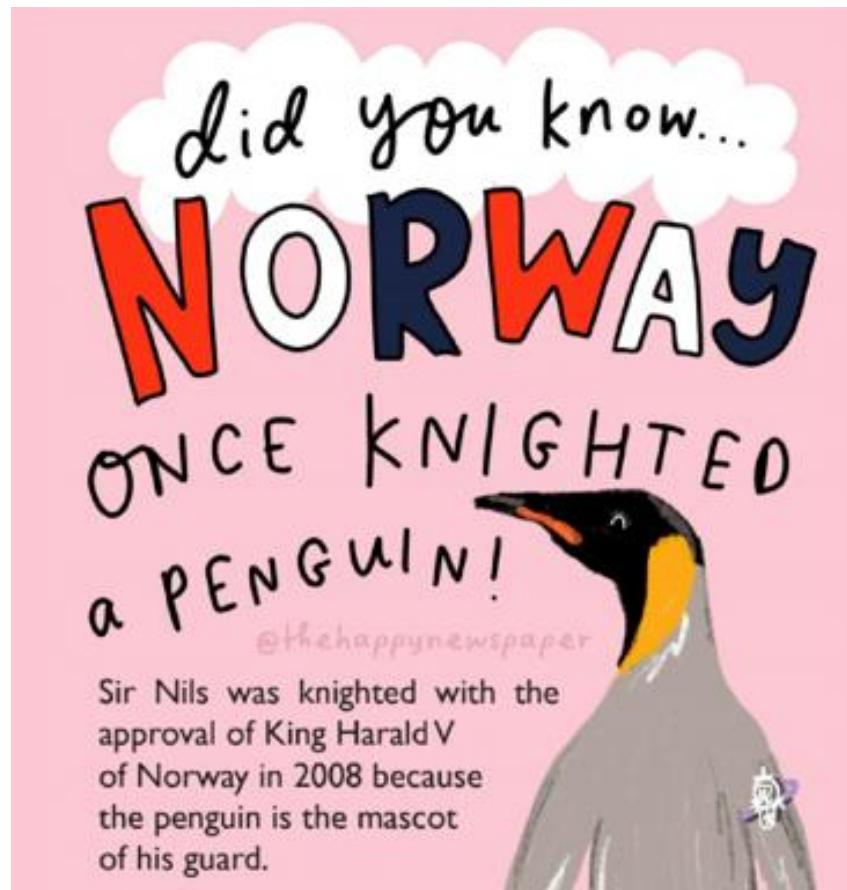
WHEN THINGS GET BACK TO 'NORMAL' WE WILL CONTINUE TO GATHER, SHARE AND CELEBRATE HAPPY NEWS FROM STUDENTS/STAFF/PARENTS AS WELL AS POSITIVE NEWS FROM AROUND THE WORLD.

ORIGINALLY FUNDED BY A SUCCESSFUL KICKSTARTER CAMPAIGN, THE HAPPY NEWSPAPER CELEBRATES ALL THAT'S GOOD IN THE WORLD. THIS INSPIRING QUARTERLY PUBLICATION IS JAM PACKED WITH OPTIMISTIC AND UPLIFTING STORIES FROM ACROSS THE GLOBE AND HOPES TO BE A REFRESHING ADDITION TO THE MAINSTREAM MEDIA.



Some happy facts...

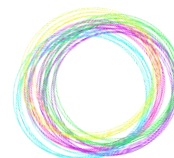








VILLAGERS KNT JUMPERS  
TO KEEP ELEPHANTS  
WARM DURING NEAR-  
FREEZING TEMPERATURES



## Things you can do to spread some positivity...

CELEBRATE AN AMAZING FRIEND...WRITE DOWN  
ALL THEIR FANTASTIC FEATURES AND REMIND  
THEM OF WHY THEY ARE SO GREAT!



HAVE A GO AT CREATING YOUR  
OWN 'HAPPY NEWS.' YOU COULD  
FILL IT WITH POSITIVE STORIES  
FROM YOUR FAMILY / FRIENDSHIP  
GROUP / INFORMATION YOU FIND  
ONLINE

WRITE DOWN A LIST OF  
POSITIVE THINGS YOU  
ARE GRATEFUL FOR TO  
REMIND YOURSELF THAT  
EVEN IN TOUGH TIMES  
THERE IS GOOD TO BE  
FOUND!



WRITE A LETTER TO SOMEONE  
IMPORTANT TELLING THEM WHY  
YOU ARE THANKFUL FOR THEM

Use the following templates if you wish!

thank you for the HAPPY times...

My name is \_\_\_\_\_

This is my friend \_\_\_\_\_

They are my friend because  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

you are  
AMAZING



KINDEST IN CLASS





tiny POSITIVES  
or little things that  
COUNT today...

\*

\*

\*

\*

\*

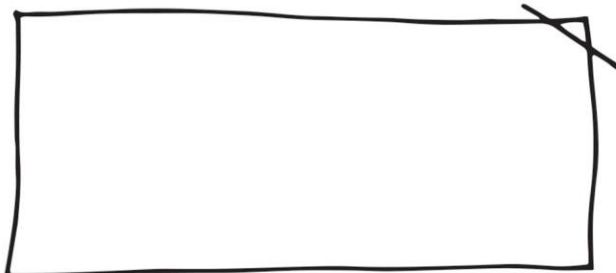
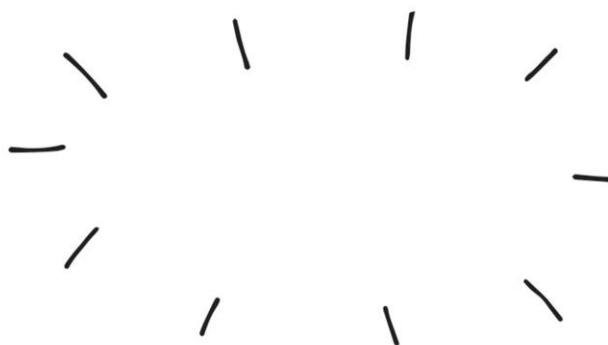
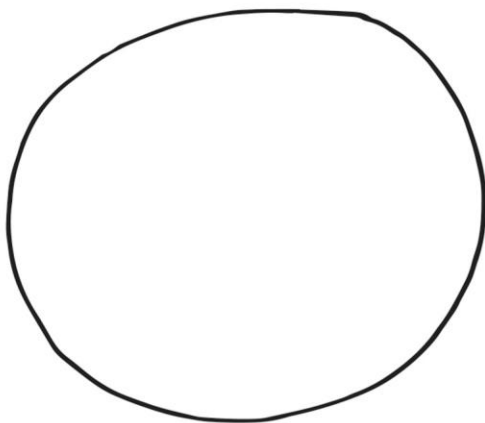
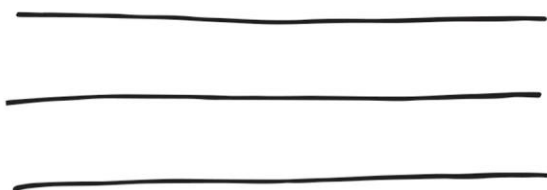
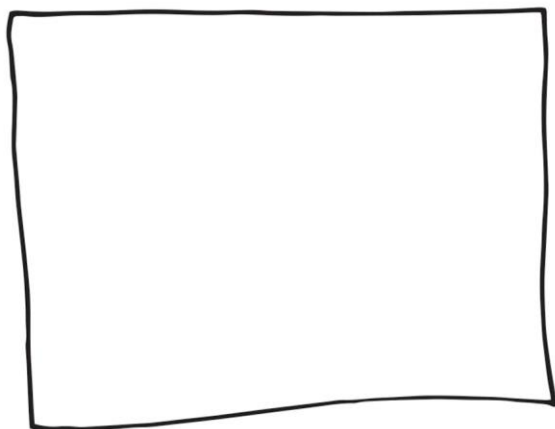
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# THE HAPPY NEWS

BY EMILY COXHEAD®

A NEWSPAPER TO CELEBRATE ALL THAT'S GOOD IN THE WORLD...  
THE HAPPY NEWSPAPER IS A PLATFORM TO SHARE POSITIVE NEWS AND WONDERFUL PEOPLE

Edited by: \_\_\_\_\_



Can you find some happy news stories and write/draw them above?





Dear \_\_\_\_\_

Thank you for \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From \_\_\_\_\_

## Things you can do while you are self-isolating...

COLOURING CAN BE THERAPEUTIC IF  
YOU'RE FEELING OVERWHELMED AND  
ALSO BECOMES AN EXCELLENT  
DECORATION / GIFT FOR SOMEONE.  
HERE ARE A COUPLE OF DESIGNS, BUT  
THERE ARE LOADS ONLINE!





COLOUR THIS IN AND  
GIVE IT TO SOMEONE  
YOU THINK IS GREAT!



# DON'T forget TO



LIKE READING OR DRAWING  
OR PLAYING OR DREAMING...

DO something  
you LOVE



GO  
outside



LOVE WHO you  
are NOW

(THE PAST IS OVER.  
LET IT GOOOO.)

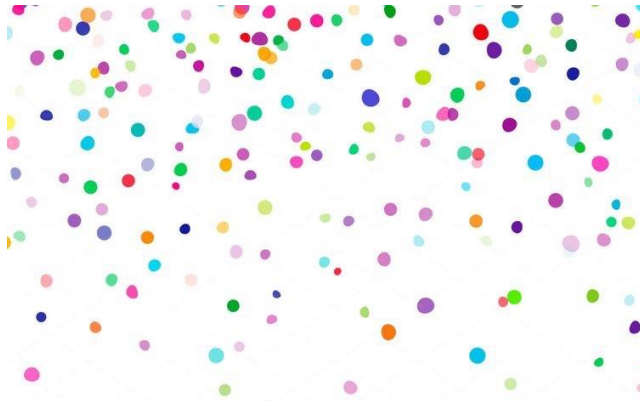


KEEP being  
BRAVE

IT MIGHT FEEL HARD SOMETIMES, BUT  
THE NIGHT WILL END + THE CLOUDS WILL PART.









throw  
KINDNESS  
around like  
CONFETTI



# SELF-CARE checklist

@THEHAPPYNEWSPAPER

 WENT OUTSIDE	<i>mmm...</i> ATE SOMETHING <i>lovely</i>
DIDN'T WORRY <small>about SOMETHING totally out of my CONTROL.</small>	I tried not to COMPARE myself / life to someone's highlight reel on Instagram!
 REMEMBERED to BREATHE	* RESTED (or had a NAP When I needed) *



BEING *you* is your SUPER POWER  
use it to *empower*

THERE'S ENOUGH ROOM for EVERYONE

BE INSPIRED

HAVE  
FUN

NOTICE when you're

TIRED LOVE MORE

WORRY LESS, don't STRESS

ADMIRE INSPIRE

STOP COMPARING and JUDGING

BE KIND AND *Care*

(for yourself & others)... APPRECIATE

ABSOLUTELY ALL of THE

COLOURS

- emily coxhead

# POSITIVITY BREEDS POSITIVITY

SDCC 6<sup>th</sup> form alumni Sammie Amery, along with her fiancé and two housemates have been in self-isolation in Spain for over a week.

Sammie works for a Theatre company who tour around Spain and other parts of Europe performing for young people.

Like the UK, these guys have been forced to stay in their homes and only venture out for absolute essentials; instead of letting this get them down, they turned their enforced social-distancing into a creative outlet for their energy...and made the South African news while they were at it!

Please follow this link to the news article and a video of the 'QuaranTEAM' performing their reinvention of Queen's hit *Crazy Little Thing Called Love*

[https://www.heraldlive.co.za/news/2020-03-24-coronavirus-wont-kill-artists-creative-spirit/?utm\\_medium=Social&utm\\_source=Facebook&utm\\_campaign=Echobox=1585029020](https://www.heraldlive.co.za/news/2020-03-24-coronavirus-wont-kill-artists-creative-spirit/?utm_medium=Social&utm_source=Facebook&utm_campaign=Echobox=1585029020)



SAMMIE AMERY



THE QUARANTEAM – (FROM LEFT) SAMMIE AMERY, JOE PHILPOTTS, EDDIE FRIEND AND REBECCA AMY WOOD



## KINDNESS IS FREE

ANNA WHITE



PRETZEL STUDIO

*Another local hero, Anna White from Pretzel Studio in Bovey Tracey, has been sharing FREE Yoga practice videos via YouTube and Zoom.*

*Anna, who used to work in the Performing Arts, SEND and Art departments here at South Dartmoor has been practicing yoga since 1997 and teaching it since 2004. After sadly leaving us at SDCC, she opened Pretzel Studio to expand her classes and grow her business and what a success it has been!*

*After the outbreak of COVID-19, understandably, Anna had to shut the doors to the studio to protect her yogis, her family and herself but instead of just continuing with her home practice, she has chosen to film online classes and share them for FREE with the community.*

*Follow this link to Anna's YouTube channel, or look up 'Pretzel Studio' online for more information on how to get involved. Anna has content appropriate for all ages; as yoga is so good for the mind and the body, with this generous free offer you really have no excuse!*

*Thank you, Anna for being so kind!*

<https://www.youtube.com/channel/UCjbLuak88otzyerXH3q5sNg>



# HIIT THAT NEGATIVITY

Joe Wicks AKA 'The Body Coach', is a fitness coach, TV presenter and author who has risen to fame in recent years following the popularity of HIIT (High Intensity Interval Training.) Along with various recipe books, Joe has created the '90 Day Plan' with workouts and meals tailored to individuals.

Joe is passionate about health and wellbeing and uses his online presence as a vehicle to promote healthy living. Joe has recently shared his vision for all young people to learn about physical and mental health and the things they can do daily to improve these. Since the outbreak of COVID-19 and the UK's measures to help stop the spread, citizens have been encouraged to self-isolate and remain in their homes – this has left many households with the prospect of having to home school their children and with little opportunity for exercise.

As a result, Joe has created 'PE with Joe' a daily workout designed for all ages, posted live on his YouTube channel at 9am every day.

MILLIONS of people, young and old have been tuning in and getting active, so if you are stuck for something to do or simply need to burn some energy then head over to The Body Coach TV YouTube channel to get that blood pumping and endorphins flowing!

<https://www.youtube.com/playlist?list=PLyCLOPd4VxBvQapye889qlcPx4EjdSTl>

JOE WICKS  
AKA 'THE  
BODY  
COACH'



# CHASE THE RAINBOW

*Children and families across the nation are putting rainbows in their windows to brighten people's day.*

*These are proving really positive for families with young children as they are playing 'spot the rainbow' and are welcome entertainment for those enjoying their daily hour of exercise.*



## GET INVOLVED!

**PAINT / DRAW YOUR OWN  
RAINBOW OR FIND AN  
IMAGE ONLINE AND PUT  
IT IN YOUR WINDOW!**

# VOLUNTEER

*With no fixtures on the horizon, the Tottenham boss, Jose Mourinho, has been working alongside AgeUK and Love Your DoorStep in Enfield, London near Spurs' training ground. He helped with preparing food parcels and other items for delivery to the more vulnerable members of the community.*

*In one video shared online Mourinho is seen wearing a face mask and gloves, packing a bag for delivery, and telling a camera "I'm giving a little help to AgeUK Enfield and Love Your Doorstep Enfield. And of course, you can donate food online or volunteer. It's so easy to contact"*



JOSE MOURINHO

**MANY OTHER SPORTS STARS AND CELEBRITIES ARE ALSO OFFERING THEIR TIME / DONATING MONEY OR EQUIPMENT TO HELP SUPPORT THE NATION DURING THIS DIFFICULT TIME.**



# YOUR NHS NEEDS YOU

## NHS VOLUNTEER RESPONDERS

THE HEALTH SECRETARY HAS ANNOUNCED THE GOVERNMENT IS SEEKING 250,000 VOLUNTEERS TO HELP THE NHS DURING THE CORONAVIRUS OUTBREAK.

Four types of volunteers are listed on the NHS page which allows people to register.

1. Community response volunteers
2. Patient transport volunteer
3. NHS transport volunteer
4. Check-in and chat volunteer



HEALTH SECRETARY MATT HANCOCK HAS SAID "IF YOU ARE WELL AND ABLE TO DO SO SAFELY, I WOULD URGE YOU TO SIGN UP TODAY".

Volunteers must be 18 or over, and fit and well with no symptoms.

Those in higher-risk groups (including those over 70, those who are pregnant or with underlying medical conditions) will be able to offer support by telephone.

Most tasks can be undertaken while social distancing and volunteers will receive guidance through a "getting started pack". Those who become ill can pause their volunteering.

Please follow the link below to find out more information and if you are eligible to volunteer for the NHS during this uncertain time.

<https://www.goodsamapp.org/NHS>





*Thank you to all of the NHS staff, emergency services, carers, teachers, shop assistants, food processing and distribution workers, utility workers, transport staff and all of the other amazing people keeping the UK going!*

*In unprecedented times such as these, we see both the worst and the best of humanity.*

*All we can do is try our best to follow Government guidelines, look out for one another and support these crucial services.*

**YOU GO TO WORK FOR US, SO WE'LL STAY AT HOME FOR YOU!**





**BIG up** the  
Everyday **HEROES...**  
**CARERS** and EMERGENCY  
SERVICES, **TEACHERS,**  
**VOLUNTEERS** and  
**ANYONE else** MAKING the  
WORLD a little **BETTER.**

@EMILYCOXHEAD





It's okay to feel OVERWHELMED right now, it's okay to be ANXIOUS, sad, angry & confused. You are absolutely not on your own with this, if you're living alone, please reach out and stay CONNECTED... It's more IMPORTANT than ever that we check in on others by picking up the phone. We quite literally are all in this TOGETHER. I don't know when things will start to feel a little more normal but what I do know..

©EC



... is that when things DO get back to 'normal', we will have an appreciation and gratitude like we've never felt before. We will hug and DANCE and sing and nip to the shops and out for lunch and to the park with little ones & catch ups with our grandparents over cups of tea and mates at the pub. We will have an even greater respect for our doctors, nurses, pharmacists, carers, emergency services, teachers, cleaners, delivery drivers and shop assistants... Those incredible people with families of their own who are all holding the fort for us right now. Thank you from the bottom of my HEART.

©EMILYCOXHEAD



# THINGS YOU CAN STILL DO RIGHT NOW

@POSITIVELYPRESENT



USE YOUR  
IMAGINATION



PRACTICE  
SELF-LOVE



WATCH THE  
SUN RISE



WISH  
ON STARS



APPRECIATE THE  
TINY THINGS



ENVISION  
THE FUTURE





**THANK YOU FOR READING!**

**IF THIS EDITION OF THE HAPPY NEWS @SDCC HAS BROUGHT SOME SUNSHINE TO YOUR DAY, OR IF YOU HAVE COMPLETED ANY OF THE ACTIVITIES AND WOULD LIKE TO SHARE THEM WITH US, PLEASE USE**

**#HAPPYNEWS@SDCC**

**PLEASE FEEL FREE TO PASS THIS ON TO FRIENDS / FAMILY / NEIGHBOURS...THAT IS OUR GOAL, TO SPREAD HAPPINESS FAR AND WIDE!**

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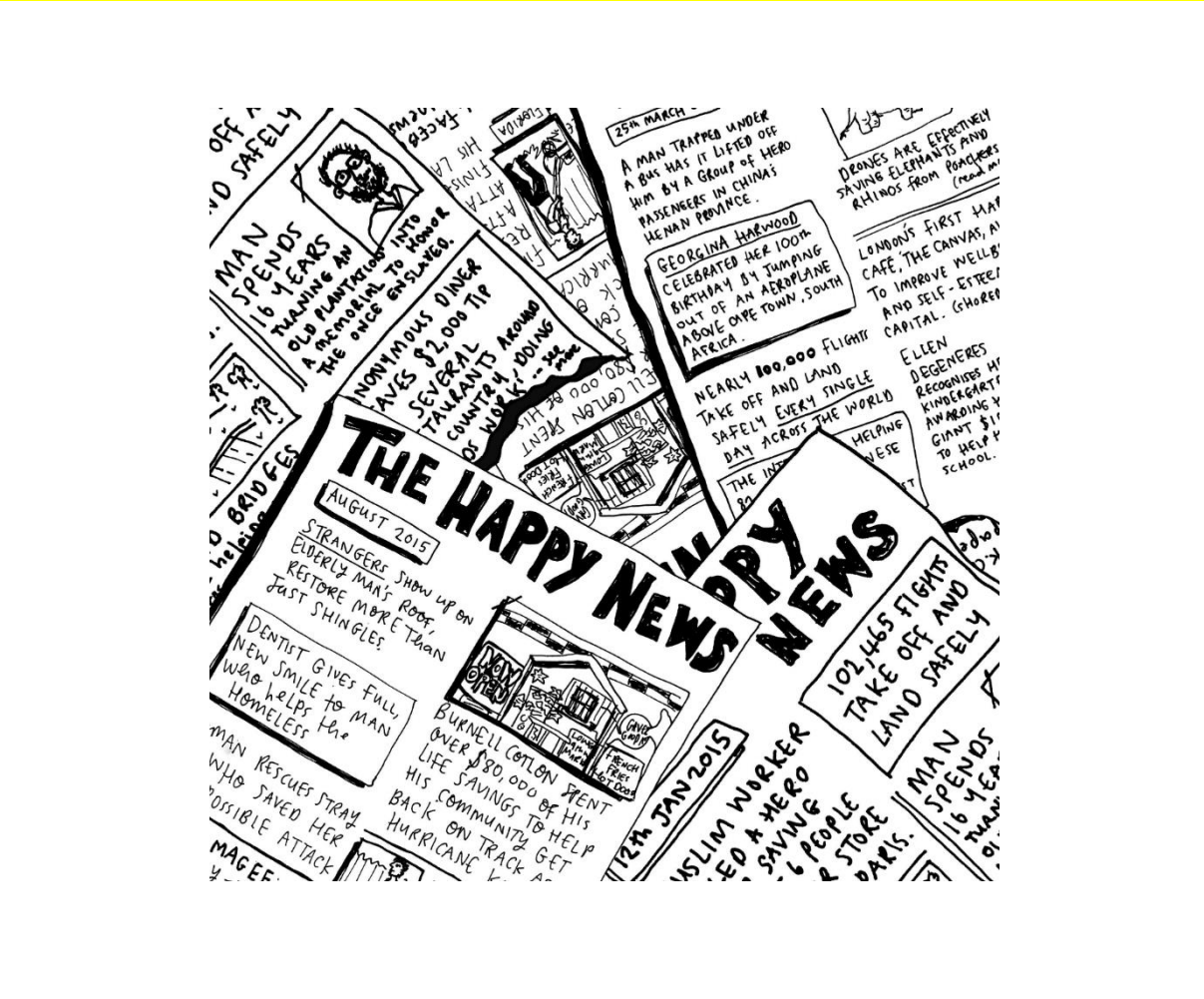
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**STAY SAFE, STAY POSITIVE!**

**MISS SMALL X**

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