



**Hello February!**

**Wellbeing Wednesday** 



## Isn't Science amazing?

Scientists have developed technology to use images from satellites to count African elephants from space.

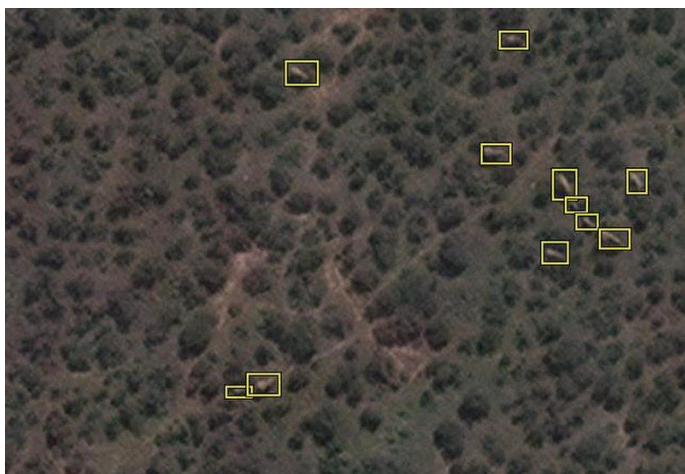
The pictures come from an Earth-observation satellite orbiting 600km (372 miles) above the planet's surface.

And [all the laborious elephant counting is done via machine learning](#) - a computer algorithm trained to identify elephants in a variety of backdrops.

"We just present examples to the algorithm and tell it, 'This is an elephant, this is not an elephant,'" Dr Olga Isupova, from the University of Bath, said.

"By doing this, we can train the machine to recognise small details that we wouldn't be able to pick up with the naked eye."

This may help protect elephants from poachers and helps us learn more about these beautiful animals without needing researchers on the ground – which is especially useful in Covid times.



# POSITIVE NEWS

# 5 TIPS FOR THIS WEEK

.....AND  
EVERY WEEK!

1. We all experience these times differently. It is perfectly normal for some of us to feel low or isolated during this pandemic. That's ok, don't beat yourself up about it.
2. Ask for help. This doesn't mean you have to get all serious. Just reach for the phone and chat with a mate or reach for a hug from someone close and safe.
3. Take a daily walk in nature or somewhere you love to be. A bit of movement will clear your head and help you sleep.
4. Figure out what you love and do it. Spend some time doing something that makes you smile
5. Paint, sing, dance, listen to music and do what makes you laugh even if you are on your own. Laughter is a great help (and good exercise for your abs too!)



"I EXPRESS MYSELF  
THROUGH..."

VIRTUAL SESSIONS



The theme of this year's Children's Mental Health Week is **Express Yourself**. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

[Virtual sessions are available here, produced by Place2Be.](#)

<https://www.youtube.com/watch?v=ozKW1M97JXE&feature=youtu.be>



<https://www.youtube.com/watch?v=ozKW1M97JXE&feature=youtu.be>

Try this Squiggle activity. Send your completed Squiggle pictures to Mrs Hitchen via Show My Homework



**DON'T FORGET...  
OUR PHOTO COMPETITION ON THE THEME OF  
"LOCKDOWN".**



Take a photo of what is getting you through lockdown. Give your photo a title and email your photo and title to [counsellor@holycross.lancs.sch.uk](mailto:counsellor@holycross.lancs.sch.uk) by February 12<sup>th</sup>.

You can use any kind of camera and if you don't have access to anything that can take a photo, feel free to send some artwork instead.

Remember you have a school email address from where you can send an email.

\* Photos received may be shared on the Holy Cross twitter feed and displayed in school.

## Useful Links for Support



<http://www.childline.org.uk>



Free 24/7 text service  
Text 85258.

[www.giveusashout.org](http://www.giveusashout.org)



Butterfly and Phoenix Project

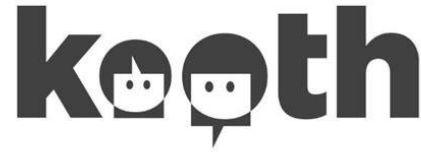
<https://www.butterflyandphoenix.org/>



HOPELINE UK

Call : 0800 068 4141

Text : 0778 620 9697



This week, if you're struggling, try logging into [www.kooth.com](http://www.kooth.com) They have articles and message boards that are highly moderated and may give you some support or ideas.

Remember you can always contact your teachers via Show My Homework.

You can email Morna, our Counsellor, if you need to talk to someone or for email support [counsellor@holycross.lancs.sch.uk](mailto:counsellor@holycross.lancs.sch.uk)

*Anything that's making you feel worried is worth talking about.*