

Health Champion's Newsletter

Autumn 1 2019



Ways to wellbeing this term...

Connect—

Why don't you connect back up with an old friend, or chat to a work Colleague that you don't normally speak to. You be surprised how much you'll learn about them.

Be Active —

- 5-a-side football after school on Fridays. It is open to all staff. Meet in the sports hall from 3.20pm onwards for a 3.30pm start, finishing at 4.30pm.
- Beginners running club: Fridays after school (meet outside reception at 3.30pm)

Take Notice —

Take notice of your sugar intake this September and do something about it for [Sugar Smart September](#) or be Breast Aware for Octobers awareness month!

Keep Learning —

Jamie Oliver will be hitting our TV screens in September at 8pm on Channel 4, with his new show *Jamie's Meat-Free Meals*, where he will attempt to change how we think about veg, finding inspiration from around the world and cooking amazing veggie dishes.

Give—

Fancy signing up for the new buddy scheme? Chat to one of the Health Champions to find out more.

Suicide is the single biggest killer of men in the UK, help us give people back their identity.

Lets talk about it

www.mandowncornwall.co.uk

TUE, 17 SEP AT 19:00
Bodmin fortnightly meeting
The Old Bodmin Library

Interested

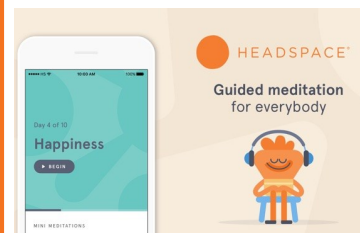


We would like to welcome the following new members of staff to Wadebridge School:

- * Tracy Weller (Student Support)
- * Emma Cunningham (TA)
- * Emma Jefferies (TA)
- * Jo Adams (Pastoral)
- * Adam Brown (Site Officer)
- * Jan Loades (Cover)
- * Gemma Myles (Teacher of Food)
- * Helen Pearson (Teacher of Food)
- * Paul Reynolds (Teacher of Science)
- * Amy Smith (Cover—PE)
- * Leonie Wilmott (Teacher of Maths)

Download the new

Headspace Mindfulness App



As mentioned on the staff training days

If you would like to contact the Health Champions for support or information, with an idea or concern for a colleague, please contact us on:

hc@wadebridge.cornwall.sch.uk

IF TWO WRONGS DON'T MAKE A RIGHT, THEN WHY DOES A DOUBLE NEGATIVE MAKE A POSITIVE? Just a thought.....