

Combining two or more practices – by going for a walk and taking notice of the world around you, or walking with a friend to connect and catch up – seems a good way of squeezing in more wellbeing time into our busy days.

If you are looking for a challenge this October, why not take on our “Great Cholesterol Challenge”*. Being active is a major part of looking after your cholesterol levels, keeping your heart healthy and helping to prevent heart disease. Walk, cycle, run or swim 100 miles in October and get sponsored to help raise vital funds for HEART UK.

Evidence suggests that being in a state of “mindfulness” – or paying attention to what is happening in the present – can increase self-regulated behaviour and self-knowledge. This self-regulatory behaviour is thought to be important for wellbeing.

The evidence gathered by Nef shows that trying something new, or rediscovering an old interest, can increase confidence as well as being fun. The activity of learning in itself, as well as setting a goal and then achieving it, has a positive impact.

It might just be thanking someone, smiling, or letting someone go ahead of us in the queue – even these small gestures can build wellbeing. Research has shown that an act of kindness once a week for six weeks is associated with an increase in happiness.

Connect...

Be active...

Take notice...

Keep learning...

Give...

Worried About Someone?

If you have a concern about a member of staff, then remember you can fill out a slip and place it in the box on the shelf next to the main health champion display in the staff room.



We all need some cholesterol in our bodies just to keep us ticking over, but having too much can clog up your arteries and lead to health problems in the future.

By getting a simple cholesterol test and making positive lifestyle changes, most people can keep their cholesterol levels healthy. So, this National Cholesterol Month 'Let's Talk About Cholesterol'.

Head to <https://www.heartuk.org.uk/national-cholesterol-month/2020> to find out more about:

- Where to get a test.
- What the results could mean?
- Correct Levels of Men & Woman

Notices

- *We would like to give a warm welcome to Lauren Curtis, Ruth Shepherd and Fiona Haley. Welcome to the Wadebridge Team.*
- *Congratulation to Emma Buckingham on her recent marriage.*
- *Fantastic effort, in terrible weather, to Jess Ball, Ali Parsons, Kate Bradley and Pete Waddington on complete the virtual London Marathon.*
- *Congratulation to Nicola May on safe arrival of her new baby.*
- *Suggestion Box: If you have any suggestion on things we could do around to school or in the staff rooms, drop a note in the suggestion box.*

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

What sort of Vest should you wear in the Autumn?.....A Har-Vest!!!