



## Sunday 10th

### October WORLD

#### MENTAL HEALTH DAY

Annually, World Mental Health Day on October 10th raises awareness and mobilises efforts to support mental health.



### STARS@wadebridge...

Send a message to Helen and Gemma to nominate a colleague to receive a small treat in recognition of something they have done.



## I didn't have enough time!

How many of us have used this sentence?



It's a common phrase to indicate that we didn't achieve all that we wanted to before a set deadline. Schools are obviously a busy setting and to-do lists are often endless, so it's easy to find ourselves thinking and stating that we didn't or don't have enough time!

But, time is set. We always have the same amount of time.

Whether we are working to 24 hours in a day, 60 minutes in an hour or 60 seconds in a minute, we always know how much time is available.

So, how about we consider this from a different perspective?

Perhaps what we're really trying to say is "There were too many tasks for the time set" or "That task needed more time allocated"

## Is it time to focus on yourself more?

Our dedicated Wellbeing time earlier this term highlighted the importance of consciously looking after our wellbeing.

- Be in the present
- Get good sleep
- Connect with others
- Make healthy decisions regarding exercise and diet
- Do something that is just for you
- Give yourself time to relax



## 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 or email

[hc@wadebridge.cornwall.sch.uk](mailto:hc@wadebridge.cornwall.sch.uk)

Yesterday, I ate a clock. It was very time consuming.

Especially when I went back for seconds.



"All we have to decide is what to do with the time that is given to us"

J. R. R. Tolkien