



## Monday 10th October

### WORLD MENTAL HEALTH DAY

The theme of 2022's World Mental Health Day, set 'Make mental health and wellbeing for all a global priority'.

It is also a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling.

**We all have 'mental health', just as we all have 'physical health'. And just like our physical health, we can all have times when our mental health is better than others.**

#### WHAT WORKS...

- ⇒ GET CLOSER TO NATURE
- ⇒ LEARN TO UNDERSTAND AND MANAGE YOUR FEELING
- ⇒ TALKING KINDLY TO OURSELVES
- ⇒ TALK TO SOMEONE YOU TRUST FOR SUPPORT
- ⇒ TRY TO MAKE THE MOST OF YOUR TIME & MONEY
- ⇒ GET MORE FROM YOUR SLEEP
- ⇒ BE KIND AND HELP CREATE A BETTER WORLD
- ⇒ KEEP MOVING
- ⇒ EAT HEALTHY FOOD
- ⇒ BE CURIOUS
- ⇒ PLAN THINGS TO LOOK FORWARD TO

More information on these ideas can be found at this link:

[mhf-our-best-ever-mental-health-tips-backed-by-research\\_0.pdf](https://www.mhf-our-best-ever-mental-health-tips-backed-by-research_0.pdf)

## Educational Staff Discount

[www.discountforteachers.co.uk](https://www.discountforteachers.co.uk) is a website that anyone who works in education can sign up to and then access a range of offers and discounts across a massive range of

**discountsforteachers**



## STARS@wadebridge...

It's never too early in the School year to nominate someone you feel deserves a little surprise for something they have done, doing or for just being them!!!

## Indoor Staff Football

Staff football is back on again.

Anyone welcome to come to have a laugh around have a



is to along a kick and

**FRIDAY**

## Secret Buddy Scheme Launch

We will be launching this year's secret buddy scheme on the Professional Growth day on the 6th October.

Forms will be available from the Staff Room and should be returned by the 13th (In the box in the Staff Room) ready to share back out.

If you have any questions, all will be explained on the 6th or please speak to Wendy Ellis



How did the tree explain its behavior? It said, "I'm getting ready to turn over a new leaf."