

ALCOHOL
CHANGE UK

ALCOHOL AWARENESS WEEK (November)

This year's theme is alcohol and its impact on relationships.

Many of us associate alcohol with socialising. However, sometimes either our drinking or a loved one's drinking can actually negatively affect relationships, having a huge impact on our lives. Moreover, as we leave lockdown there may be new pressures to drink — 'sober shaming' — and pressures to get back to 'normal' socialising, which might include booze.

Alcohol Awareness Week is a chance to get thinking about drinking considering What, When, How and Why..... Find out more (including support) @ www.alcoholchange.org.uk/

WellBEEing Hive

Remember to keep telling us what you are up to in support of your own mental wellbeing.

Either pop a slip in the staffroom box, drop us an email or even better send us a pic (hc@wadebridge.cornwall.sch.uk)

Research tells us that one of the most effective ways to stick to something is to share it with others to hold yourself accountable, and our new display is a great way to do this.



Buddies & Stars

This years buddy system is now set-up but it's not too late to get involved, just drop Tom Spencer an email and he will set you up

Already got a Buddy and had a little something?
Don't forget you can use the notice board in the staff room to post messages to share with your buddy (slips can be found to the side of the display).



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.



Keep an eye out for information coming soon about this years **STAFF CHRISTMAS BADMINTON TOURNAMENT**. For all abilities!



Staff Football

Staff football has returned Friday afternoons until 4:30 at the Sport Centre and is open to anyone (It's a great way to get a sweat on and have a laugh.) Any questions speak to Chris Wilson.



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

What do you call a very large pile of leaves?....The Great Barrier Leaf!