

STARS@wadebridge...

Keep those emails coming in to nominate someone you feel deserves a little surprise for something they have done, doing or for just being them!!!

1st—7th December Anger Awareness Week



- Do you, or someone you know...
- ... tend to criticise others?
 - ... Keep anger bottled in until it explodes?
 - ... get upset when others disagree?
 - ... withdraw from people you're angry with?
 - ... feel uncomfortable with settling differences?
 - ... become guilty or ashamed after being angry?
 - ... take anger out on the wrong people?
 - ... get easily depressed?

Failing to manage anger happens to everyone, but using techniques such as the following can help us gain control over our feelings and lives.

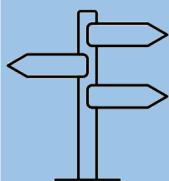
- *Stop. Think. Take a look at the bigger picture*
- *Recognising it's okay to have a different opinion*
- *Use the LOVE acronym: Listen, Observe, Verify, Empathise*
- *Use your support network*
- *Keep a journal*
- *Don't take anything personally*

These tools and techniques are taken directly from our leading anger management programmes, devised by "Beating Anger" author, Mike Fisher.

More details and information can be found [HERE/Link at bottom of email](#))

<https://cdn.angermanage.co.uk/wp-content/>

Signposting



If you ever find yourself in the need of some support, you may find one of the following can help...

Education Support is a UK charity available to all staff working in schools to provide support and counselling. They can be reached through their website www.educationsupport.org.uk/ or 08000562561

As well as this we have **Adult Mental Health First Aid Trained colleagues** who have had training in supporting and providing guidance on dealing with personal issues. Please see the notices on the bathroom board for contact details.

Finally on the **staff room health champions notice boards** you will find contact details of agencies that offer support and counselling for a range of needs with both local & national agencies.



What's In Season

The fruit and veg sections of supermarkets look the same every week but behind this there are very distinct and various seasonal fruits and vegetables that we can relish and enjoy in abundance at certain times of the year.

VEGETABLES: Beetroot, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celeriac, celery, chard, chicory, cress, endive, garlic, jerusalem artichoke, kale, leeks, lettuce, mushrooms, onions, parsnips, potatoes, pumpkin, red cabbage, rocket, spinach, squash, swede, turnip, white winter radishes

FRUIT: Apples, pears

What kind of ball doesn't bounce?...A Snowball!!!