

# Health Champion's Newsletter

Autumn 2 2019



## Ways to wellbeing this term...

### Connect

As we head towards the Christmas break, get back in touch with a long distance family member or friend. Have a good catch up over a cuppa!

### Be Active

As the winter months creep in, try and stay active. Here at school there is Yoga, Badminton and Laser Tag.

### Take Notice

Take notice of the men in your life. They may be facing a health crisis that isn't being talked about. There is plenty to do to raise awareness.

### Keep Learning

Why don't you pick up a new hobby to keep your brain active. Try yoga or badminton this term.

### Give

Don't forget your BUDDY this term. Just a little note of encouragement or a small gift will brighten up their day!

### Indigo Spa Hair and Beauty

Atlantic Reach Holiday Resort Newquay

**Look After your Health & Wellbeing  
find time to Relax**

We are offering 20% Discount for all Staff - Please quote Code TS20 on Booking for your discount

## Celebrate/Notices

Congratulations to Emma Kirk (Swanepoel) who got married on 26th Oct

Big Dunks Laser Tag starts 4th November from 4pm onwards

POMS board up and running again this term

Yoga on Wednesday's 7.30-8.15 Drama

Studio—£5 Suggested donation



**GO VEGETARIAN  
THIS NOVEMBER**

## Take the Veg Pledge

Challenge yourself to go vegetarian for November to raise money for Cancer Research UK.

Go to the Cancer Research website for details.

### Badminton

For all abilities, being active, social and enjoyment



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

Christmas Get Together Suggestions to the Health Champion team please