

Wellbeing Newsletter



RSHE
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May 2024 Super Staff



Jayne Richards (Science) - completed the Virtual London Marathon by running up and down the Camel Trail with friends - *"Exercise outdoors is my mind cleansing therapy.. Running through the woods in the sunshine was really enjoyable - especially chatting all the way with my friend!"*

Gemma Myles (Food and H &C) - completed the Plymouth Half Marathon after quickly upping the miles on a home treadmill. Gemma raised money for 'Coppafeel.org' inspired by friends and family that have recently beaten breast cancer.



Joel Wain (TA) -

"I just completed my second marathon in Newport wales. I find running to be an enjoyable activity that I can take part in with my friends. I enjoy entering events and races as I am competitive and like to try and better myself and improve my times - 3.54"



Katy Greenhalgh (TA) -

completed the locally renowned Beastly Half 14.6 miles! Katy did this for personal challenge and to get ready for the swimrun season coming up.



There will be walk & talk sessions taking place for staff during this week to join the endtoend run. **Can you join in?**



All about...PE

Their own wellbeing and supporting others



Mr Abbiss

I regularly play competitive and recreational golf as well as surf when the waves are good. I have recently started to run regularly and am finding this extremely rewarding mentally and physically. To support in the community I work as a director of the Community Interest Company that runs the Sports Centre; as a trustee of the charity arm of the organisation. My work includes working with the centre staff to accommodate and drive community sport to improve opportunities and the well-being of young people. New sports clubs have been introduced at the centre this year including Basketball and Netball both of which have been a huge success. I also work within the football community coaching the U14 East Cornwall Schools football team.

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A young person's mental health links to so many Rights of the Child. A good starting point is **Article 24**. This means that **every child has the right to the best possible health and this includes mental health and physical health**. With GCSE examinations approaching and Work Experience in the Summer term, now is an important time to think of how we can continue to help our young people. Together **write an A-Z of words and phrases** that are associated with **your young person's mental health and wellbeing**. Which Rights of the Child can be linked to these ideas? How can we remove or minimise stress and anxiety?



Outdoor Learning Week!

New on the calendar for this year is Outdoor Learning week which takes place from the **13th – 17th May**.

During the week we hope all pupils will get the opportunity to take part in at least one learning activity either in our purpose built outdoor classroom or elsewhere on the school grounds.



Year 9 and 10 pupils all have the opportunity to take part in Bronze and Silver DofE, and the physical section of the award is a great way to get moving. There are so many activities to choose from, including dance, skate boarding and yoga as well as individual and team sports. In the summer term over 140 participants will be taking part in either 2 or 3 day expedition with overnight camps. This is a fantastic opportunity for them to enjoy time in the outdoors with a group of friends and develop lots of new skills.

All about... Staff Stars



For staff wellbeing we offer Staff the chance to 'shout out' to colleagues who have been kind, done a great job, or have just been overall awesome! A nomination gets you a happy good bag.

Recent Staff Nominations:

Lucy Gregory – For being approachable, positive and encouraging.

Gemma Duffield – For being a great help in the classroom and always having a calm presence.

Jo Brodie – for being positive to take on new challenges.

Toby Buckmaster – For being kind and understanding.

Mental Health First Aider

MHFA England



All about...PE



Miss Spencer

Being physically active is part of my every day routine. I can regularly be seen out running as it makes me feel healthy both physically and mentally. I run both socially and competitively, recently completing my first half-marathon and am always looking ahead to the next race. This year I joined Wadebridge netball club which has helped me to feel part of the community. I have always loved being involved in sports outside of school, including coaching tennis which I did for 8 years at my local club. This gave me the chance to encourage young people to embed sport into their every day life.

Next course:
16th and 17th May
Email for your place!