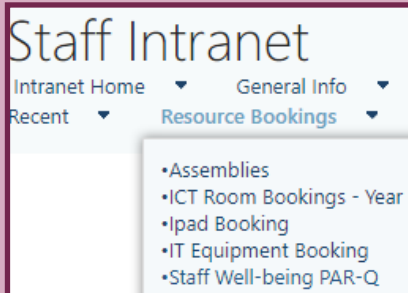


Wadebridge School Wellbeing Studio

The Wellbeing studio is available to all staff for use before and after each school day (until 8.30am, after 4pm).

Complete the PAR-Q on the staff intranet to confirm your 'readiness to exercise'.



Door code: C3579X



LGBT+ History Month 2022

LGBT History Month focuses on the celebration and recognition of LGBT people and culture; past and present to give educators scope to talk about the bigger picture of LGBT experience, in which LGBT people were the agents of change rather than just victims of prejudice. Most importantly for schools, resources have been created such as teaching packs and toolkits that cover lessons on sexual orientation and gender identity across the curriculum. This ensures that in every subject every teacher can make a positive difference.

<https://lgbtplushistorymonth.co.uk/resources/for-educators/>

5

February Five (www.februaryfive.com)

5

The February Five is a virtual fitness challenge encouraging people to challenge themselves to do some form of physical activity that they wouldn't normally do, based around the number 5.

You set your own challenge and do it wherever or whenever you like during the month of February.

Record your challenge on the staff room Hive Notice Board

Some ideas: Attend 5 classes at the gym; swim 500m; cycle 50 miles; walk to work 5 times; go for 5 runs with a different friend each time; play in a five-a-side match.



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.

Do you have a great Buddy?

Don't forget to thank them via the message board in the staff room.

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

"I was not ladylike, nor was I manly. I was something else altogether. There were so many different ways to be beautiful." Michael Cunningham