

Health Champion's Newsletter

Spring 1 2020



Ways to wellbeing this term...

Connect

Staff wellbeing is a vitally important aspect of a whole school approach to wellbeing for all, so if you feel you need to speak to someone, come and find one of our lovely HC team. They will be happy to listen.

Keep Learning

Open Learn provide a wide selection of free online courses

Take a look:

www.open.edu/openlearn/free-courses

Be Active

Don't forget to carry on with your POMs activities. You can still sign up and start working on your own personal wellbeing.

You can do this!

Take Notice

There are a good selection of awareness days in Jan and Feb (a few are listed below). Maybe one of them will prompt you to do something different.

Give

It is that time of year when the mornings are dark and cold. Why don't you cheer up your BUDDY with a little something. Make them a cuppa!

Bake Off Rescheduled for:

Thursday 12th March

More details to follow



Notices

We would like to give a warm welcome to Hannah Yates and Georgina Lewis. Welcome to the Wadebridge Team.

Congratulations to Callum Wilson and family for the safe arrival of baby Florrie.

Health Champions Valentines Lunch will be on February 12th
Bring £1 for a scratch card of prizes.

Suggestion Box: We are currently buying a new microwave for the staffroom. What else can we buy? Suggestions please.

Staff activities this term....

Yoga : 7.30am-8.15am in the 6th Form Common Room-Wednesdays

Yoga increases flexibility, muscle tone & strength and increases blood flow. Why don't you give it a go!!!

Awareness Month

World Religion Day: 19th Jan

Cervical Smear Prevention: 20th Jan

Brew Monday: 20th Jan

National Reading Day: 23rd Jan

Sing & Sign Week: From 3rd Feb

Wear Red Day: 7th Feb



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

You know you work in a school, when the year is September to August, not January to December!!!