

Health Champions' Newsletter

Spring 2 - 2020

Ways to wellbeing this term...

Be Active

Rounders on Tuesday 17th
March Only
3.20-4.30 School Field
Open to everyone whatever ability or
experience.
Sign up sheet in staffroom

Keep Learning

Cornwall Council are
offering free online courses.
Check out cornwall.gov.uk.

Give

Don't forget your BUDDY

Easter is on its way !

Take Notice

If there is anyone you know that
deserves to be 'Mugged' please
let the Health Champions
know. Someone that has done
something above and beyond.

Connect

Having a hobby is a great
way to connect with friends.
Locally, you can start Zumba
or join a choir

A fab new offer for staff is on
its way....starts 16th March!!

Sea Holly Complementary Therapies based in our HUB

Indian Head Massage,
Reflexology, Back, Neck and
Head massage: 45 minutes for
£25 Whole Body
Aromatherapy: 1 hour for £30.

Email HC if interested
Also email HC if you are inter-
ested in a workshop on any of
these:

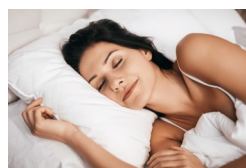
Indian Head Massage, Hand
and Foot Massage, Essential
Oils for home use, Complemen-
tary Therapies and Self Care,
and Meditation and Visualisa-
tion.

Thank You

"I just wanted to thank you for providing us
with lunch, it was most pleasing and gave
me personally an opportunity to talk to staff I
don't see very much of anymore. So WELL
DONE EVERYBODY" (Julie Hammonds)

"Just a big thank you to you all for a lovely
lunch and for the wonderful prize I received,
all much appreciated" (Karen Carthew)

"Can I say a great big thank you for the
lunch that was put on. It was really lovely
and also for the cards with the prizes
on" (Sheryl Perchard)



Awareness Month

Ovarian Cancer Awareness
Month (March)

National NO smoking Day
(11th March)

World Sleep Day (13th
March)

Great Britain Spring Clean
(20th March)



Staff activities

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



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

The key to success is to focus on goals, not obstacles!!