

Health Champion's Newsletter

Spring Term



KEEP LEARNING

Many of us associate learning with childhood or our student days. As adults, it can seem as though we have less time or need to learn new things.

Learning can help **improve and maintain** our well-being, it can **boost self-confidence and self-esteem**, help build a **sense of purpose**, and **connection with others**.

People engaged in learning report **feeling better about themselves** and a **greater ability to cope with stress**, as well as feeling **more self confidence, hope and purpose**.

Try something new.

Rediscover an old interest.

Sign up for that course.

Take on a different responsibility at work.

Fix a bike.

Learn to play an instrument

Learn how to cook your favourite food.

Set a challenge you will enjoy achieving.

Learning new things will make you more **confident**, as well as being **fun to do**.

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

What's new? The Health Champions Team are starting up a new initiative to get us to make small steps towards a healthier lifestyle.

What's involved? Collect a Championship Chart - set yourself small, realistic targets based on one of the 4 categories - once you get to 6 stars you get a little something from the Health Champions.

The Charts will be up in the staff room so we can help support each other.



Launching: Thursday 7th March

Physical - Outdoors - Mental - Social

Quotes from staff

"I Played the guitar, flute, piano but don't so much anymore, I wished I did"

"I used to play tennis and go to scouts"

"I definitely need to do more exercise"

Breakfast Pinnies

Thursday 7th March in the staff room from 8.15

Come and join us for a light breakfast and the launch of POMS

Running Group

Jayne Williams and a few others run after school on Friday if you would like to join them. No experience necessary at all, they are happy to build people up from scratch.

Meet outside reception at 3:20 ish on a Friday and they promise to start off easy for first timers, with a run walk session.

Why should you never tickle an egg?.....It might crack up

The capacity to learn is a *gift*; the ability to learn is a *skill*; the willingness to learn is a *choice*.