

# Health Champion's Newsletter

## Summer Term 1



**DON'T FORGET  
YOUR BUDDY!**

**True kindness  
lies within the  
act of giving  
without the  
expectation of  
something in  
return.**

## GIVE

Research suggests that acts of giving and kindness - small and large - are associated with **positive mental wellbeing**.

Giving to others and co-operating with them can stimulate the reward areas in the brain, **creating positive feelings**.

Helping and working with others can also give us a **sense of purpose and feelings of self-worth**.

Giving our time to others in a constructive way helps us **strengthen our relationships and build new ones**.

### Today, you could:

- *Say thank you to someone, for something they've done for you.*
- *Phone a relative or friend who needs support or company.*
- *Ask a colleague how they are and really listen to the answer.*
- *Offer to lend a hand if you see a stranger struggling with bags or a pushchair*

### This week, you could:

- *Arrange a day out for you and a friend or relative.*
- *Offer to help a relative with DIY or a colleague with a work project.*
- *Sign up to a mentoring project, in which you give time and support to someone who will benefit from it.*

### Mental Health Awareness Week

Monday 13 to Sunday 19 May 2019

The theme for 2019 is **Body Image** – how we think and feel about our bodies. Perhaps we need to think about those we work with: do they need a bit of extra care at work or at home? Do we always know how people are feeling?

Your challenge....Carry out a random act of kindness to someone at school, its doesn't have to be your buddy.

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](mailto:hc@wadebridge.cornwall.sch.uk)



Don't forget, you can still sign up for POMS. The championship charts are located on the Health Champions board in the staffroom.

### We need your suggestions!!!

The Health Champions team have the opportunity to bid for monies to help promote wellbeing amongst the staff at Wadebridge, i.e. new tables & chairs outside the staffroom to encourage breaks in the fresh air.

If you have any suggestions that we can put forward, please email Anna Isted or the Health Champions email above.

### Who is your Health Champions Team?

Di Talling, Anna Isted, Lee Springett, Jo Brodie, Dean Darbourne, Tom Spencer

A selfless act performed by a person or people wishing to either assist or cheer someone up or an individual