

Ways to wellbeing ...

BE ACTIVE

As the days start to draw out, now is the perfect time to get outside and try something new be it a team or individual activity.

GIVE

Don't forget your BUDDY Easter is on its way !



KEEP LEARNING

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CONNECT

Having a hobby is a great way to connect with friends. Maybe a sports clung or choir?

TAKE NOTICE

Look around, is there anyone you think should be nominated for a STAR?

5 Simple Exercises for Lower Back Pain

Take care of your lower back with these low-impact rehabilitation movements



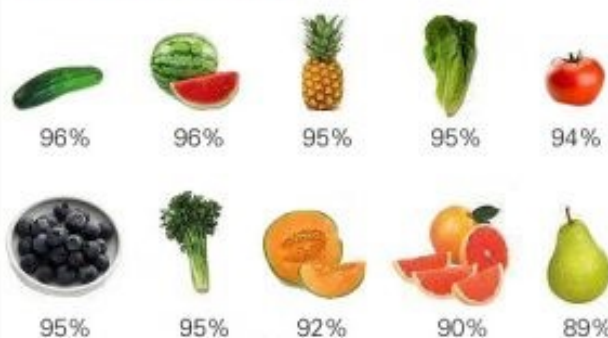
Nutrition & Hydration Week 15th—21st March

Good hydration is critical for maintaining bodily functions, including the heart, brain and muscles. Maintaining healthy fluid levels lowers the risk of contracting a urinary tract infection, which can be dangerous.

Top Tips for Eating/Drinking Well!

- ⇒ Drink water regularly throughout the day.
- ⇒ Coffee, tea, fruit juice, soda water all count.
- ⇒ Make ice lollies from fruit juice
- ⇒ Keep water accessible.
- ⇒ Eat at least 5 portions of different fruit & veg
- ⇒ Cut down on saturated fat, sugar and salt
- ⇒ Stay active

Top 10 Hydrating Foods Percentage of Water Content



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

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.



What season is it best to go on a trampoline? **Spring time!**