

Connect... *Pick up the phone instead of sending an email*

Be active... *Do some 'easy exercise', like stretching, in the morning*

Take notice... *Take a different route on your journey to or from work*

Keep learning... *Learn to Cook a dish that you've never eaten at home*

Give... *Say thank you to someone, for something they've done for you*

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.

Coming Soon....

Keep an eye out on your inbox for information about a spring themed competition which would be great to get as many staff involved in as possible.



Hosted by World Sleep Society
MARCH 19, 2021 REGULAR SLEEP
HEALTHY FUTURE

The World Sleep Society recommends the following steps to achieve healthy sleep:

1. Fix a bedtime and an awakening time.
2. If you are in the habit of taking a nap, do not exceed 45 minutes of daytime sleep.
3. Avoid excessive alcohol ingestion 4 hours before bedtime
4. Avoid caffeine 6 hours before bedtime. This includes coffee, tea and many sodas, as well as chocolate.
5. Avoid heavy, spicy, or sugary foods 4 hours before bedtime. A light snack before bed is acceptable.
6. Exercise regularly, but not right before bed.
7. Use comfortable bedding.
8. Find a comfortable temperature setting for sleeping and keep the room well ventilated.
9. Block out all distracting noise & eliminate as much light as possible.
10. Don't use the bed as an office, workroom or recreation room.

Perfect Posture

Feel like stretching (or having a giggle) then check out Debs and Cullum's instructional video on some essential chair exercises in the staff health & wellbeing folder .



If you have any concerns about your current set-up, please contact finance who may be able to provide support in relation to chairs and set up.

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 do you call a well-dressed lion?A dandy lion!