

STOP BODY SHAMING

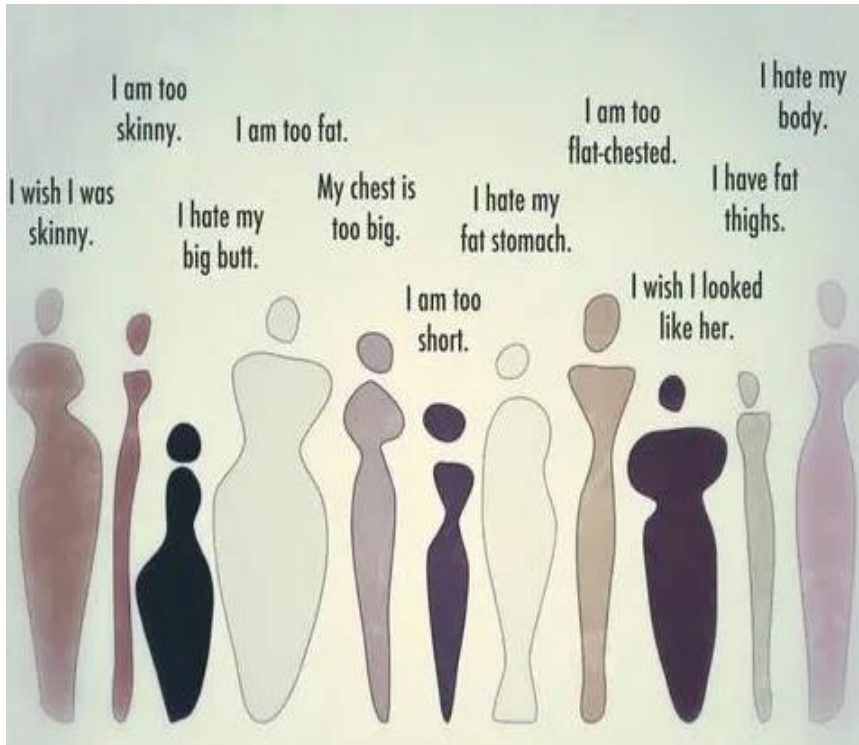
What is **body shaming**? It is **humiliating** someone by making **inappropriate** or **negative** comments about their body size or shape. The negative comments will be for all different body shapes and/or reference to a specific body part.

Why do we need to stop **body shaming**? It leads to comparison and **shame**, and perpetuates the idea that people should be **judged** mainly for their physical features.

'I don't think this can be improved now. Wherever you go someone has to say something about your body shape. They will always say that you're too skinny or too fat. When people describe someone else they start with their weight.'

Year 11 student.

Body shaming happens in school and we need it to **stop**. The comments made are **hurtful**. A remark in the corridor can make someone feel **humiliated**, **angry** and **embarrassed**.



Can we make it better together?

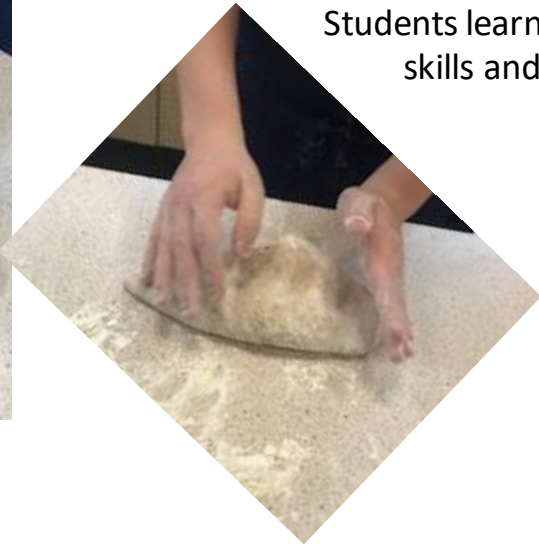
We all should **call it out** for what it is - **spiteful and harmful** - and make sure we all know that it is not acceptable. We could all try and say something **kind** when we see people. For example:-



'I like your smile!
'You're funny.'
'Thank you.'
'I like your top.'

WE ARE HERE
FOR YOU

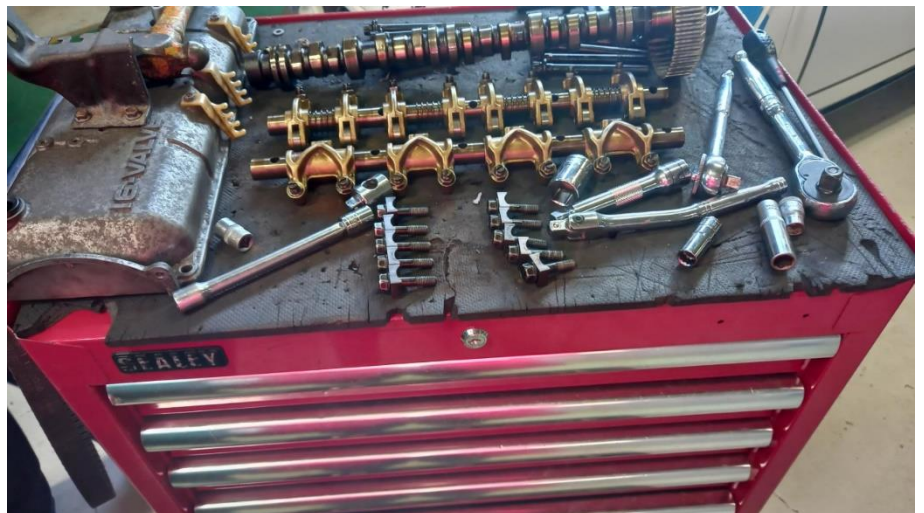




Bagels in Food this week. Students learned baking skills and everyone shared.



Poppy's plait!



Our Year 11 student Corey was able to take a whole engine apart and clean it. Older students commented on his skill. He is making excellent progress.

Wellbeing Weekly

Friendly February 2023

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

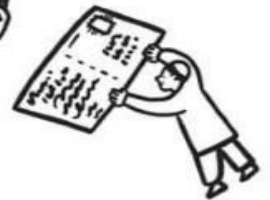
24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

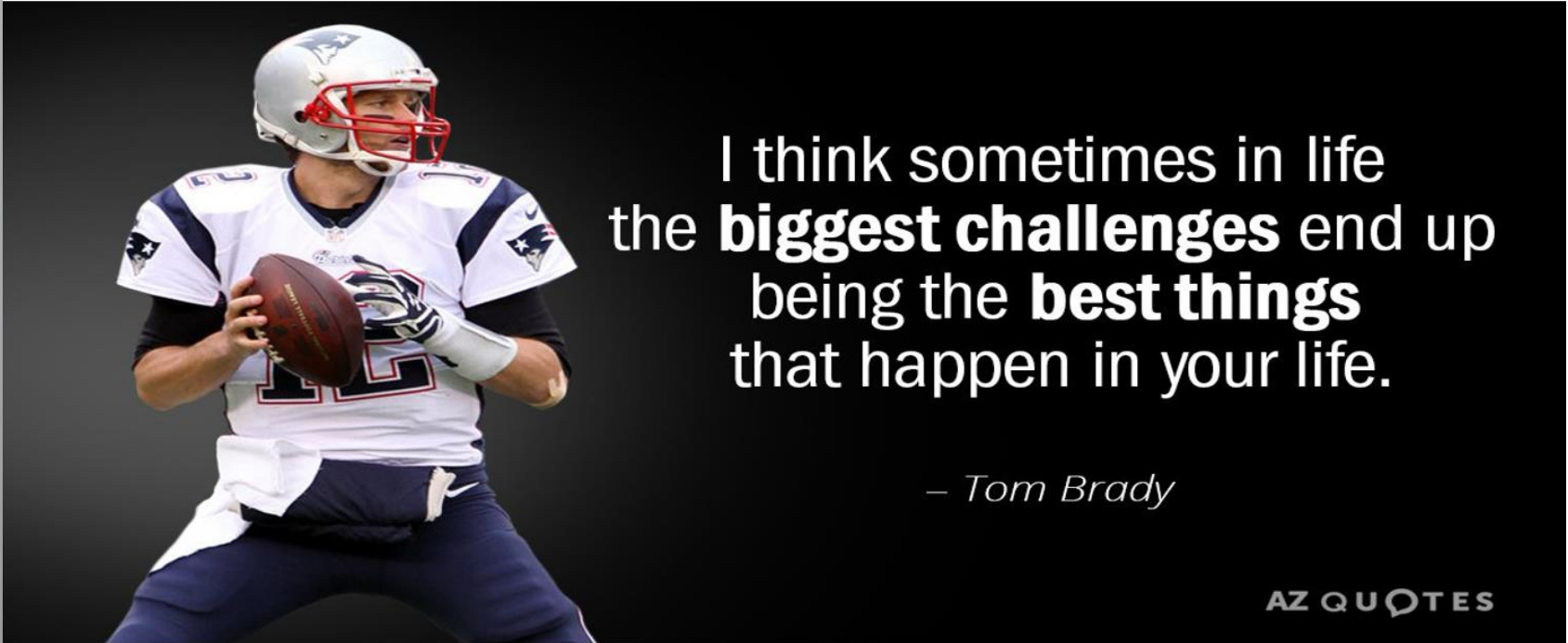
26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



Mr. Hall's Health & Fitness



I think sometimes in life the **biggest challenges** end up being the **best things** that happen in your life.

– Tom Brady

AZ QUOTES

This week's quote comes from **Tom Brady**. Tom retired from American Football this week, after 23 seasons in the NFL. Brady led his team to the **play-offs** in an amazing **20 of his 21** seasons as a starter.

He is the NFL's all-time regular-season leader in pass attempts, completions, passing yards and touchdown passes.

Tom's quote teaches us that **overcoming challenges** often **feels good, brings joy, and builds personal strength**. As you **succeed** with each challenge, you trust yourself to **overcome future obstacles**.