

WORLD MENTAL HEALTH DAY IS ON TUESDAY 10TH OCTOBER.

ALL STUDENTS AND STAFF ARE ENCOURAGED TO WEAR SOME YELLOW!!

If you see someone without a smile, give them one of yours.



Dolly Parton

World Mental Health Day



October 10

random
act of kindness

Try at least one of these this week.

- Thank a teacher.
- Help with the washing up.
- Say something kind to a friend.
- Phone an elderly friend or relative.

“
There is hope,
even when your
brain tells you
there isn't.

JOHN GREEN

We are all flying high
in some ways and falling
flat on our faces in others.
Nobody has it all figured out.
It's our job to cheer each
other on, lift each other up,
and push each other to
keep giving it our best.
It matters who we surround
ourselves with...
We need to be better
to each other.
We're all we have.



Mental health....
Is not a
destination, but
a process.

Noam Shpancer, PHD

WE ARE HERE
FOR YOU





COOKING ON A BUDGET

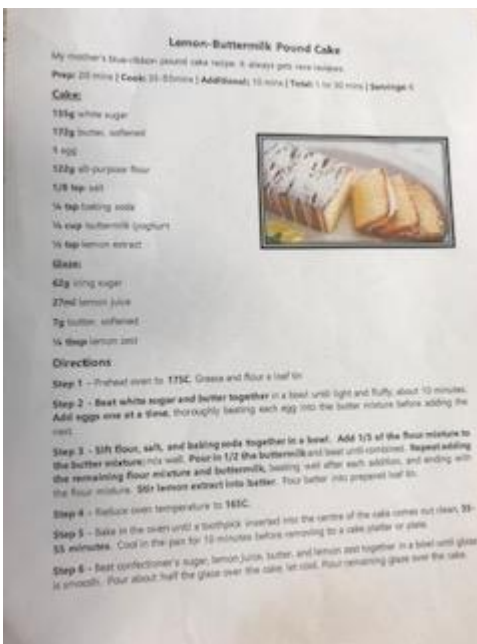


An important life skill is being able to manage money. Home cooking is cheaper and healthier than takeaways. Learning how to buy ingredients within a budget is something we all need to learn. On Thursday, students spent time choosing recipes carefully and then

planning a shopping list and heading out with a budget of just £2.50 per head.

Chicken Pakora, Popcorn chicken, potato wedges, and lemon buttermilk pound cake...

Delicious!!



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FOR YOU



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Mr. Hall's Health & Fitness

6 SIMPLE FITNESS TIPS YOU SHOULD FOLLOW DAILY



**WAKE UP AND
DRINK WATER**



**WORKOUT
IN THE MORNING**



**FIND A FIT
FRIEND**



**WALK WHERE
YOU CAN**



**EAT THE RIGHT FOODS
AND PORTION EACH MEAL**



**GET TO BED
ON TIME**

WE ARE HERE
FOR YOU



Optimistic October 2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together