



WEX trip to Make UK for year 11s.
Thanks Mrs Rathour for arranging this valuable day.



2025-26 Issue 22, 27 Feb 2026

Mindfulness is our Kindness Curriculum theme for March.

Being mindful means simply noting what is arising, and as best we can, just letting it be.

Mindfulness teaches us how to reduce stress and as how to be happier and calmer in the ups and downs of life. Sometimes we miss present pleasure or make our difficulties harder as we become consumed with thoughts about the past or future.

Being mindful means noticing our churning thoughts, and through letting go, find calm in the midst of life's challenges, and respond more effectively.



What does it mean to be mindful?

Mindfulness meditation, through techniques such as focused breathing and exploring sensations in the body, has been

clinically shown to reduce anxiety by up to 30%, improve sleep quality by 25%, and enhance emotional resilience, according to recent studies (eg Smith et al., 2023).



SQUARE BREATHING



Students dissected a heart as part of 'Valentine' celebrations.... How romantic!

Wellbeing Weekly 25-26

Cannabis → high, happy, calm, giggley
addictive

amphetamines → alert, chatty, panic, irritable

Cocaine → alert, energised
strokes
Paranoid
lose a cartilage in your nose
HIV

class A
crack
heroin
LSD
meth
MDMA

edginess → alert, energised, tingles
Paranoid
confused
dehydrate
over heat

class B
cannabis
ket
cocaine
gamma
cathinones

Crystal meth → increase heart rate
skin sores
dental problems
alert, lack of inhibition

heroin → euphoric, happy, sleepy, relax
nightmare
vomit
HIV/sharing needles

magic mushrooms → energetic, euphoric, giggley
Paranoid, anxious
not in control

ketamine → chilled, happy
memory loss
low self esteem
confused
been able to feel pain

addiction → addicted to a substance
#addict

overdose → too much of something
death, coma

Life can take you higher than DRUGS!

Don't Let your Life go up in Smoke!

DRUGS

#NHS

#People who do drugs need to be seen too.

#People who do drugs aren't bad people!

#People who do drugs matter too.

#drugslivesmatter

Students are learning about different types of drugs and their effects on the body. They are learning about the health, emotional and social consequences of addiction and where support can be found.

Excellent work by Elissa, well done.

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Mindful March 2026

SUNDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

MONDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

TUESDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

WEDNESDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

Illustration of a person sitting at a table with a teapot and a cup of tea.

THURSDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

Illustration of a person standing under a tree with a squirrel on a branch.

FRIDAY

6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today

27 Appreciate nature around you, wherever you are

Illustration of a person kneeling and petting a dog.

SATURDAY

7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

Illustration of a person with their eyes closed, holding their hands together in a prayer-like gesture.



ACTION FOR HAPPINESS

Happier · Kinder · Together

