

Wellbeing Wednesday

Dear Parents, Carers & Families

I do hope you are well and that you had a lovely time over Eid. This week we have appointed twenty Year 8 Wellbeing Champions. They all submitted excellent applications and we are very proud of the overall high standard achieved. They begin training in mental health this week and you will be hearing and seeing lots from them as they take the lead in promoting student and family wellbeing. Students in Year 5 are also learning about mental health this week and will be taking part in more exciting projects to come.



This week's Wellbeing Wednesday is focusing on drinking enough water - a simple, cheap and easy way we can all improve our health and wellbeing immediately. Some top tips we spoke about are:

- **Drinking a glass of water as soon as you wake up**
- **Setting reminders on your phone to tell you to drink when you have a busy day**
- **Flavouring water with fruit to make it more enjoyable**
- **Drinking a glass of water before each meal**

We also discussed the benefits of water for our overall health including boosting our immune system, aiding digestion and giving our skin a healthy glow.

As always, we are here if you need any support with wellbeing.

Take care

Mrs George and the Wellbeing Team

