

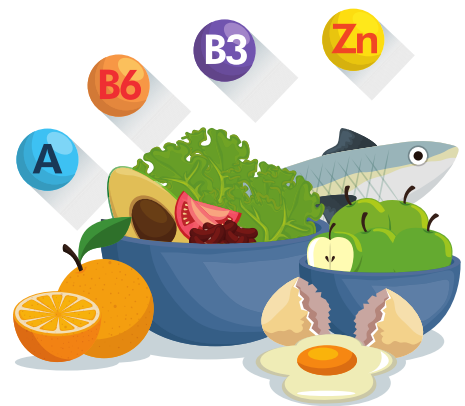
Wellbeing Wednesday

Dear Parents, Carers & Families

I do hope you are well and that you had a fabulous half term break in the sunshine. This week's Wellbeing Wednesday is focusing on food and mood - quite simply how the food we put into our bodies affects our minds.

Our seven top tips for students were to:

1. **Eat regularly**
2. **Stay hydrated**
3. **Get your 5 a day**
4. **Look after your gut**
5. **Get enough protein**
6. **Manage your caffeine intake**
7. **Eat the *right* fats**



The following links take you to much more information should you be interested:

How to manage your mood with food

Video: <https://www.youtube.com/watch?v=CSHO9VdVRfg&t=40s>

Document: <https://www.mind.org.uk/media-a/2929/food-and-mood-2017.pdf>



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

Take care

Mrs George and the Wellbeing Team