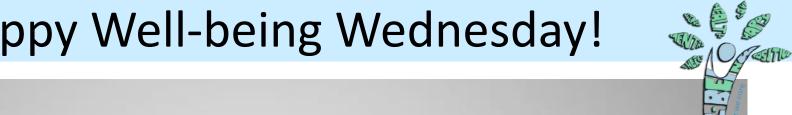
Happy Well-being Wednesday!



'Five Way Wellbein

A series on how to make a positive difference to our mental wellbeing













DO WHAT YOU CAN.

EMBRACE NEW

Your time





Happy Well-being Wednesday!













DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

Your time, your words, your presence

- How can you improve your 5 ways to Well-being?
- How are you going with your new focus from the first week back?
- Do you need to decide on a new focus to help with your well-being?

Happy Well-being Wednesday!

Where to get help if you need support:





@RPCC there is so much support.

- Tutors
- Head of year support
- Head of year
- Teachers
- Support staff
- Mental Health support workers
- SLT
- School councillor
- Mental health Ambassadors
- Safe space stickers
- Library with a range of resources
- Anti-bullying ambassadors
- Peer mentoring program

