

# LET'S CONNECT



# 5 ways to Well-being

LET'S  
CONNECT



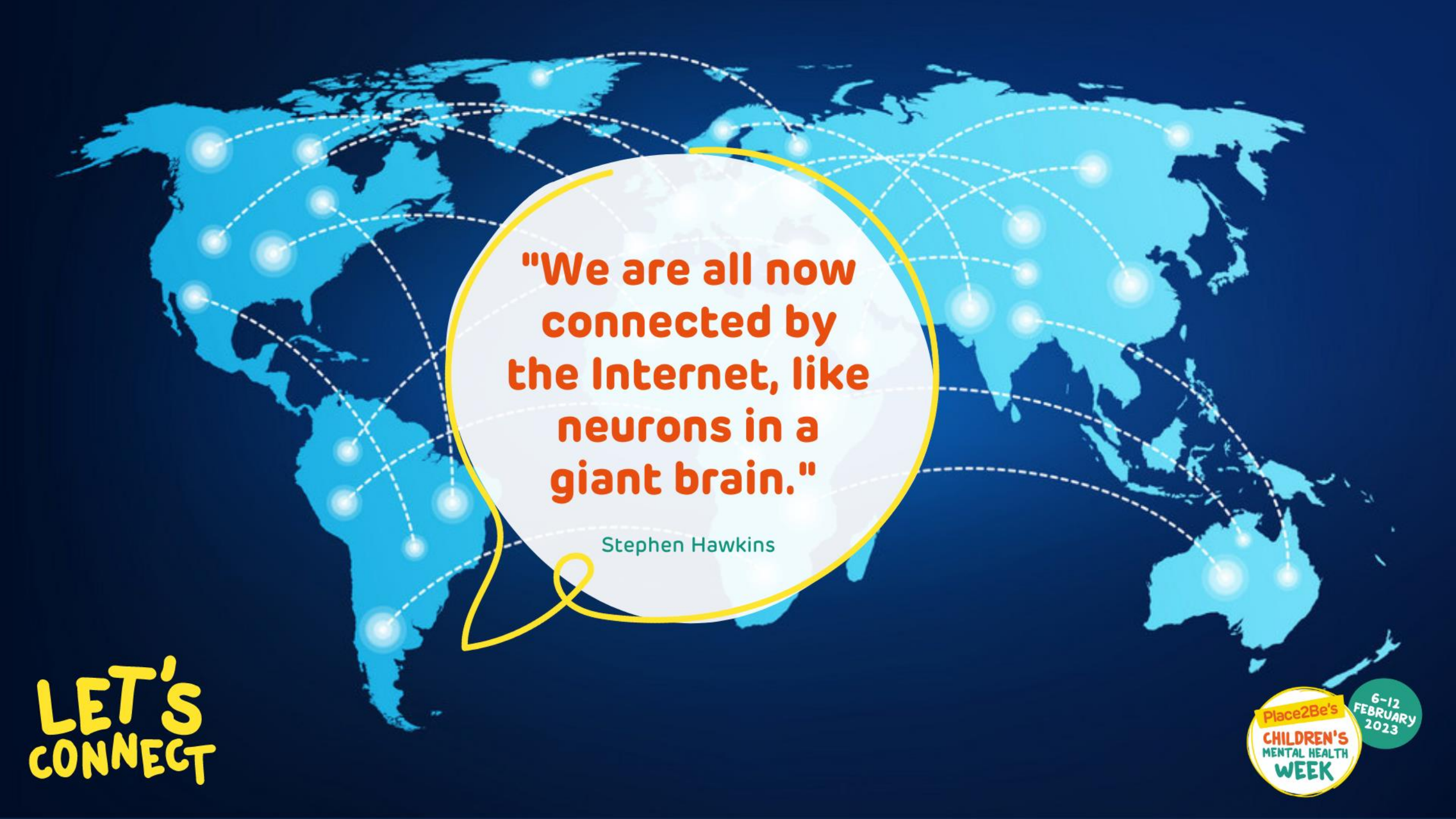
6-12  
FEBRUARY  
2023



Connect is one of the 5 ways to well-being.

- It is really important to stay connected with others
- To look out for people alone
- To spend time with others in different settings





**"We are all now  
connected by  
the Internet, like  
neurons in a  
giant brain."**

Stephen Hawkins

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CONNECT**



# Connecting safely online

LET'S  
CONNECT



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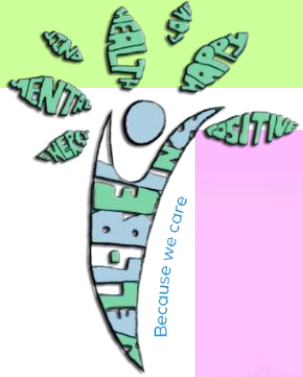
- S** is for safe.
- M** is for never meet.
- A** is for accepting.
- R** is for reliable.
- T** is for tell.





# Happy Well-being Wednesday!

Where to get help if you need support:



**Text  
SHOUT  
to  
85258**

shout  
85258 here for  
you 24/7

@RPCC there is so much support.

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

