



# Wellbeing Wednesdays

- From ***Wednesday 19<sup>th</sup> May***, as a whole school we are devoting mentor time to ***Wellbeing activities and signposting*** towards support and services.
- We will be covering a very wide range of topics including all of the following:

The logo for 'Wellbeing Wednesdays' consists of two lines of text. The top line, 'WELLBEING', is in a solid green, bold, sans-serif font. The bottom line, 'WEDNESDAYS', is in a multi-colored, bold, sans-serif font where each letter is a different color: W (red), E (teal), D (yellow), N (black), E (purple), S (red), D (teal), A (yellow), Y (black), S (purple).



- Body health and fitness
- Nutrition and healthy eating
- Healthy routines
- Sleep
- E-safety
- Healthy behaviours and attitudes
- Lifestyle
- Healthy body, healthy mind
- Mindfulness
- Mental health
- Self management

# Remember ....

- Some of us have been in school over the last months, many of us haven't
- Some of us may have enjoyed and benefited from 'lockdown'
- Some of us may have had a difficult times including the death of a loved one
- Some of us may have been very worried for themselves or their loved ones
- Many of us will have had a mixed, up and down sort of a time
- Some of us may be OK now
- Some of us may be struggling
- Many of us will be experiencing mixed feelings



# Session 1

- Wednesday 19<sup>th</sup> May
- An introduction to the notion of ‘Wellbeing Wednesdays’
- Student self assessment – all students will carry out a self assessment to see where they rate themselves across all areas of healthy living



# Each Wednesday ...

- Resources will be provided by the Monday of each week
- Presentation will either be by way of a video presentation or PPT for Mentors to present
- Any resources required for the session will be placed in mentor wallets
- There will be opportunity for discussion
- Visitors and external support services will use this as an opportunity to promote their services or introduce their organisations to explain who they are and how they can support young people.