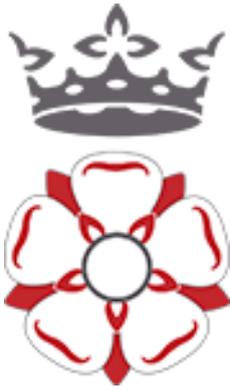


King Egbert School



Inspirational quote of the week by Eleanor Roosevelt:

"Yesterday is history, tomorrow is a mystery and today is a gift, that is why it is called the present"

Health and Wellbeing

Bulletin

Week 1



Mindfulness.

What is it? Involves sitting silently and paying attention to thoughts, sounds, the sensations of breathing. It relaxes the body and mind and helps reduce stress. Give it a go!

How? Relax in a chair or lie down. No distractions so put your phone away! It can help to listen to music and only focus on your breathing and the background noise of the music.

<https://youtu.be/EkbM5EfFyME>

Can you achieve these 5 things this week?



1. Think of 3 good things to look forward to this year.
2. Have a go at re-organising your room.
3. Thank someone you're grateful to and tell them why.
4. Get back in touch with an old friend or someone you have not spoken to for a while.
5. Offer to do a job in the house.

What are superfoods?

Mostly plant based but also can be fish or dairy. They are nutritionally dense and therefore good for your health.

Have you tried any of these and can you find out what their nutritional value is?

Sweet potatoes, broccoli, avocado

Your Name Workout Challenge

Spell your name to make your workout!

A – 10 burpees	N – 20 burpees
B – 1-minute plank	O – 15 push-ups
C – 20 high knees	P – 10 jump squats
D – 10 mountain climbers	Q – 30-second side plank (each side)
E – 15 lunges	R – 45-second wall sit
F – 20 crunches	S – 15 sumo squats
G – 30-second raised-leg plank (each leg)	T – 15 burpees
H – 20 mountain climbers	U – 20 jumping jacks
I – 15 squats	V – 30 high knees
J – 10 tricep dips	W – 15 tricep dips
K – 20 push-ups	X – 2-minute wall sit
L – 1-minute wall sit	Y – 15 crunches
M – 15 squats	Z – 20 burpees

If you have achieved or had a go at any of the things on this bulletin, please do e-mail a brief write up or photo to your head of house. Atlas (ajcooke@ecgbert.sheffield.sch.uk), Crucible (LBailey@ecgbert.sheffield.sch.uk), Henderson (abarker@ecgbert.sheffield.sch.uk), Kelham (cexton@ecgbert.sheffield.sch.uk), Steel (SDabbs@ecgbert.sheffield.sch.uk)