

King Egbert School



Inspirational quote of the week by Vince Lombardi;

"It's not whether you get knocked down, it's whether you get up".

Health and Wellbeing

Bulletin

Week 2



Try to learn or do something new



during lockdown! Ideas could be;

Sign language

A foreign language

Yoga (beginners clips on youtube)

Can you achieve these 5 things this week?



1. The 7 day push up challenge (below)
2. Do something physical outdoors
3. Plan a fun catch up with a video call with friends.
4. Write down your hopes and plans for the future
5. Try and build in a mindfulness session for 30 mins this week.

Sleep—the importance of a good night

sleep.

Studies have shown that young people who regularly get an adequate amount of sleep have improved attention, behaviour, learning, memory, and overall mental and physical health. Not getting enough sleep can lead to high blood pressure, obesity and even depression.

If you are feeling worried about anything please do get in touch with us. Talking is sorting.

7 day Push up challenge



Monday = 5

Friday = 11

Tuesday = 8

Saturday = 12

Wednesday = 9

Sunday = 12

Thursday = 10

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 (jcooke@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)