

King Egbert School



*Inspirational quote of the week by Albert Einstein:
"Creativity is intelligence having fun".*

Health and Wellbeing

Bulletin

Week 4



National Children's Mental Health Week 1st Feb—7th Feb

<https://www.childrensmentalhealthweek.org.uk/>

There are [free resources](#) that can be adapted for home-schooling, or independent learning.

In these weekly bulletins there have been activities and challenges for you to have a go at.

It is important to talk to somebody if you are experiencing any worries, concerns or feelings that are making you feel sad or impacting your sleep, relationships at home or your remote learning.

Who can you talk with? Parents, family member, friends, form tutor, head of year, a teacher or anyone in the school community that you feel comfortable talking with. You can drop them a message. Ask them to give you a call. Staff at KES are here to help you.

Can you achieve these 5 things this week?



1. Big Garden Birdwatch 2021

<https://www.bbc.co.uk/blogs/natureuk/entries/bd43b62d-fafa-4fd5-9b3f-754cda9d3ee4>

2. Share the cooking this week and get involved with cooking meals.

3. Go above and beyond with a particular piece of work this week. Extend the task and inform your teacher what extra you have completed.

4. Go for a run/jog

5. Read aloud a story to a younger sibling, family member or friend of the family. Use your phone or Zoom for example if they do not live with you.



DAILY WORKOUT

THE DAILY 10

10 JUMPING JACKS
10 BURPEES
10 CRUNCHES
10 FRONT LUNGES
10 PUSHUPS
10 SQUATS
10 CALF RAISES
10 KNEE LIFTS
10 SEC PLANK
10 MOUNTAIN CLIMBERS

REPEAT 1X

www.730sagestreet.com

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)