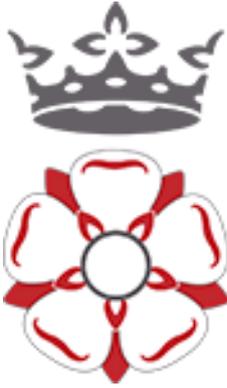


King Egbert School



Inspirational quote of the week by Ziq Ziqdar;

"You don't have to be great to start, but you have to start to be great".

Health and Wellbeing

Bulletin

Week 5



The benefits of having a routine

Research has consistently shown that routines can play an important role in mental health. A good routine can help people manage stress and anxiety.

A regular routine can help you:

- Lower stress levels
- Form good daily habits
- Take better care of your health
- Help you feel more productive
- Help you feel more focused

How to have a good routine?

1. Wake up and get up at the same time Mon-Fri.
2. Have a plan for your day—your timetable will help you.
3. Take mealtimes and breaks at the same time when you can.
4. Make some time to have fun

Can you achieve these 5 things this week?



1. **Look out of a window or take a walk. Can you identify and name any of the trees you can see? Use the link to help you.**

<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/how-to-identify-trees/>

2. **In 3 words, describe your best qualities**
3. **Help with the cooking and mealtimes this week.**
4. **Fri 12th Feb is the Chinese New Year. Find out about which animal symbolises the year you were born.**
5. **Design a quiz for your family one evening.**

Exercise time... Run a mile. If you can track your run by using your phone

Remember to let your form tutor or your Head of Year know if you are having any worries, or concerns. KES staff are here to support you.

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)