

King Egbert School



Inspirational quote of the week

"Good, better, best. Never let it rest. Until your good gets better and your better is best".

Health and Wellbeing

Bulletin

Week 6



5 steps for positive health and well-being:

1. Connect with others
2. Be physically active
3. Learn new skills
4. Acts of kindness and giving
5. Pay attention to the present moment

Can you achieve these 5 things this week?



1. What 5 things are you looking forward to?
2. Recommend a book to a friend.
3. Help tidy any outdoor space you have round your house like a garden. Hopefully soon you can meet friends at your house outside.
4. Get involved in some cooking this week.
5. Have a go at saying the alphabet Backwards! Good luck!

Top tips to relax:

This is a useful link to find the best ways to help you relax

<https://youtu.be/cyEdZ23Cp1E>



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)