

MIND, BODY & SOUL



Starting secondary school, not knowing anybody in my year group was really challenging. But, believing in myself that I could make friends and be happy, had allowed that to happen.

- Benjamin Y7

When I came to St Edmund Arrowsmith I didn't know what hockey was. But I wanted to try it and now I can't stop going! I love it and try out every year. I have made so many new friends and got some friends that I already know that go to it.

- Sophie Y8

I feel that Chaplaincy has improved my mental health as I now believe I have a closer relationship with God. This is beneficial, because I know that I am always loved and created in God's own image.

- Hannah Y7

As a member of our concert band, I really enjoy playing clarinet with other people. To me, playing music is very relaxing and it often calms me down if I've had a tiring day. Also, I have made lots of friends at concert band that I wouldn't have made without it.

- Robert Y8

5 WAYS TO WELLBEING

BE ACTIVE

Take a walk, go cycling or play a sport. You don't have to go to the gym!

KEEP LEARNING

Learning a new skill can give a sense of achievement and confidence. Try a cooking course or learn to play an instrument.

GIVE TO OTHERS

A small act can make a big difference. A smile, a thank you or just a kind word can help a great deal. You could also raise money for a worthy cause.

BE MINDFUL

Be more aware of the present moment and of your own thoughts and feelings.

CONNECT

Connect with the people around you, including your family and friends and spend time to develop these relationships.

