



PERSONAL DEVELOPMENT NEWS

Nothing but the best

14th June 2024

Another very busy week at Wellfield Academy. Year 11 have started their study leave and the number of exams they have left is ever decreasing. Some of our wonderful students also performed at the Creative Faculty Showcase, well done to them and thank you to those in the audience for supporting them and the staff who worked hard to make the event happen.



THIS WEEK'S THEME: HEALTHY EATING WEEK

Aspirational

Mr Beales (Head of Creative Faculty) led assemblies this week based on the theme of Healthy Eating Week. This year the message is "Give it a go". Whether that means having one extra portion of fruit or vegetables a day, being a bit more active, experimenting with a new recipe or using up leftovers - Healthy Eating Week 2024 is all about giving it a go! Mr Beales delivered this message passionately to students and has asked for any students who are interested in being Health Eating Ambassadors to speak to him about this opportunity.

5 WAYS TO WELLBEING

Aspirational

Community Centred

Inclusive



Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life. This week we have started a Wellfield Wellbeing campaign in the lead up to the Summer Holidays, each week we will concentrate on one of the 5 ways to wellbeing and then in the final week will recap them all. This is to give students a tool to continue to protect their own wellbeing over the Summer holidays.

This week we concentrated on "Keep Learning" as it has been healthy eating week this may have been an opportunity to learn a new healthy recipe or it could be anything they wanted. Research shows that learning new skills can also improve mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others



HOUSE COMPETITION:



BOYS MENTAL HEALTH

For Male Mental Health Week, 10th - 16th June, Kooth held a webinar specially for boys and young men in secondary schools. This week we had a group of male students who participated in this. Mental Health of all our students and staff is important to us but we know that often there can be barriers to boys opening up and we want them to know it is ok to talk about their thoughts and feelings.