

'Feelings of wellbeing are fundamental to the overall health of an individual, enabling them to successfully overcome difficulties and achieve what they want out of life'

WELLBEING WEDNESDAYS

Wellbeing at Northern House School.

Staff - Join us for SAS Fitness Sessions with our amazing fitness instructors. Take part in a series of fun, exciting and social activities for all ages, fitness levels and abilities.

Students - If anything is concerning you, visit our drop in sessions in the intervention room at Wednesday break times.

All - Healthy soup (made by students in PSHE) will be available at break times, at the cost of 50p per cup. All funds raised will go to charity.

Are you exercising to clear your mind?



Are you eating well, and having a balanced diet?



For more information, see Ms Bray

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For more information, visit:

<http://www.thementalhealthforum.co.uk/recovery-and-wellness/well-being-self-care/>

TAKE THE FIVE STEPS TO BETTER WELLBEING

Take your own wellbeing into your hands



For more information, see Ms Bray