

Haileybury Turnford

AMBITION • PRIDE • SUCCESS

Year 7 Student Bulletin Vol. 1 Date: 20th October 2022

A MESSAGE FROM MISS ALLINGHAM

Hi Year 7!

Well-done for such an excellent first half-term at Haileybury Turnford!

You have settled in so well and have earned an amazing 18,356 achievement points this half-term!

I hope that you enjoy your half-term break and look forward to seeing you continue to be so successful when we return in November.

Miss Allingham

Top Ten Achievement Points



Well Done!

For this half-term



Logan Rogers	175
Lucian Ross	166
Rekha Balasingam	165
Rachel Cartwright	159
Teddie Wills	158
Jessica Farrow	154
Louis Stocker	151
Macie McMillan	148
Teagen Hemmrich	147
Freya Kemp	142
Scarlett Baker	142

Form Group Achievement Points

This Half-Term

7 Shackleton	3,832
7 Bevan	3,410
7 Pankhurst	2,891
7 Austen	2,799
7 Bader	2,738
7 Turing	2,686

Form Competition House Points

Austen	215
Bader	277
Bevan	238
Pankhurst	226
Shackleton	216
Turing	201

Your mental health and wellbeing is important.

Five Ways to Wellbeing



The **Five Ways to Wellbeing** are steps that we can take that have been proven to increase our sense of wellbeing.

Wellbeing means much more than simply not feeling ill or fed up. The World Health Organization defines health as 'a state of complete physical, mental and social wellbeing'. When we feel happy, healthy and content, we have **positive wellbeing**.

It is important to understand that the 5 ways of wellbeing should be practised everyday in small ways. You probably do lots of this everyday without knowing. By doing these, your body makes lots of 'happy' chemicals that flow through your body and naturally improves your wellbeing.

Our brains manage how we feel. How we feel has an impact on our **physical** and **mental health**.

If we are experiencing bad things, such as being left out of our friendship group, experiencing the loss of a loved one, our brains make us feel very low. But, if we are experiencing good things, like someone being kind to us or exercising, our brain makes us feel good, happy and fulfilled. Our **mental health** has ups and downs on a daily basis and this is because of how our brains make us feel.

The Five Ways to Wellbeing are:



Connect. Good relationships are important for our wellbeing.

Be active. Being physically active improves our physical fitness and mental wellbeing by raising our self-esteem and giving us a sense of achievement.

Take Notice. Paying more attention to things around us can help us to feel calm and peaceful. Sometimes, this is called mindfulness.

Keep learning. When we adopt an attitude that there is always something to learn, we increase our wellbeing. Learning a new skill or hobby can boost our self-esteem and confidence.

Give. Giving our time, skills or resources to help others is proven to help us too! Research suggests that acts of giving and kindness can help improve our mental wellbeing by creating positive feelings.

Where can I get help if I need it?

Healthy Young Minds in Herts:

<https://www.healthyyoungmindsinherts.org.uk/young-people>

Every Mind Matters:

<https://www.nhs.uk/oneyou/every-mind-matters/>

Headspace:

<https://www.headspace.com/meditation/kids>

ChildLine:

<https://www.childline.org.uk/info-advice/>