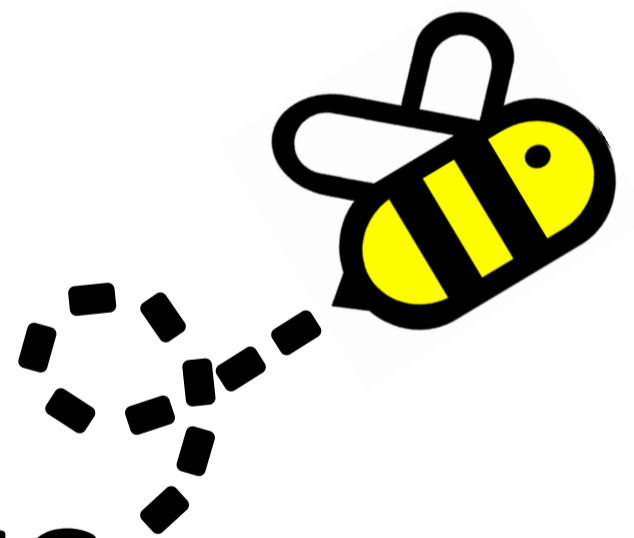




WHO ARE WE?

We are your wellbeing ambassadors and we want to:

- Promote positive mental health in our school
- Raise awareness of mental health problems
- Support our fellow students with wellbeing concerns
- Be a friendly face for those who are struggling



WHERE TO FIND US

Room 102 at lunchtime 12:10-13:00 on Tuesday, Wednesdays and Fridays.
Library garden every lunchtime except Wednesdays.

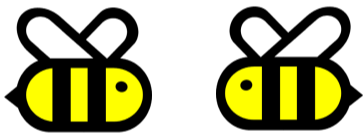
We are there to support you with your wellbeing and any issues you are having.

Catch us around school, look out for our yellow pin badges



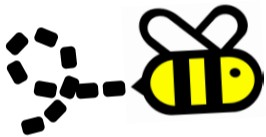
FIVE WAYS TO WELLBEING

CONNECT



Spend time with people around you— at home, school or local community.

BE ACTIVE



Moving makes you feel good. Look for an activity you enjoy and give it a try.

KEEP LEARNING



Learning isn't just for school. Learn something new— try something different

GIVE



Help others by being kind, giving a smile or a 'thank you'. Do something for others

TAKE NOTICE



Be aware of the world around you and what you are feeling.