



Us Plus Mental Health and Wellbeing Bulletin 18

Hello everyone,

Welcome back to school! It feels like a long time ago that we were all together at Penrice and it really is worth celebrating the fact that:

- You have all coped with a world-wide pandemic!
- You have all managed to complete some home learning ...some of you have completed every single lesson! That is truly amazing!
- Many of you have learned new skills whilst at home and you have all developed your resilience!
- You have taken part in the Lateral Flow Testing - sticking cotton buds up your nose and down your throat regularly and without and full - just fantastic!
- You have come back to school ready to learn.



Over the next few weeks we will be supporting Emotional Mental Health and Wellbeing in assemblies and in our Wellbeing registration time.

We have based these around 4 themes. These are:

- Self-belief
- Hope
- Gratitude
- Connectedness.

Each week's focus draws on some of the factors that underpin wellbeing and positive psychology.



Remember there are lots of people who can support you at Penrice:

- The Us Plus Team are always there to support – Mrs Taylor, Mrs Hooper, Mrs Farr, Ms Kevill, Mrs Spurgeon.
- You can contact us through Academy Website 'Are you OK?' link.
- Your Heads of Year, Pastoral Support Mentors, Form Tutors, SEND key workers and class teachers are all here to look after you.

Never worry about asking for help – we are always here for you!

