



Us Plus

Mental Health and Wellbeing

Bulletin 9

Hello everyone,

Welcome to bulletin no: 9 of this academic year which shares the Action for Happiness, Active April calendar which gives you lots of ideas for trying something new and active! Hopefully you have already had an active Easter break ..and enjoyed some Easter goodies!

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling. You can do this by emailing the TIS team at tis@penrice.org.uk



Active April 2023

MONDAY



3 Listen to your body and be grateful for what it can do

10 Have a day with less screen time and more movement

17 Be active outside. Dig up weeds or plant some seeds

24 Get active in nature. Feed the birds or go wildlife-spotting

TUESDAY



4 Eat healthy and natural food today and drink lots of water

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try a new online exercise, activity or dance class

25 Have a 'no screens' night and take time to recharge yourself

WEDNESDAY

5 Turn a regular activity into a playful game today

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes

THURSDAY



6 Do a body-scan meditation and really notice how your body feels

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil

FRIDAY



7 Get natural light early in the day. Dim the lights in the evening

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat

SATURDAY

1 Commit to being more active this month, starting today

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in

SUNDAY

2 Spend as much time as possible outdoors today

9 Turn your housework or chores into a fun form of exercise

16 Go exploring around your local area and notice new things

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together



Remember, if you need support, you can talk to any of these people:

- Form Tutor
- Head of Year
- Pastoral Support Managers
- Other form tutors
- SEND Team
- Subject teachers
- Student and Family Centre
- Are You Ok? Online form
- Anti-Bullying Online form
- TIS Team
- Safeguarding Team
- Prefects
- School Nurse Team

Link to online forms:

<https://www.penriceacademy.org/ok/>