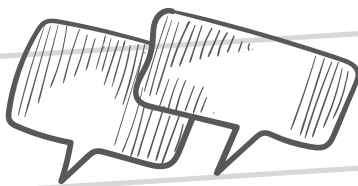




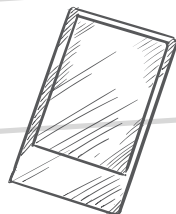
How could I support my own wellbeing at St. Paul's?

I could speak to my Year Leader and Chaplaincy Leader when I am worried or if I have any concerns.



I should always engage with PSHE and Wellbeing Wednesday so that I know how to improve my own health and wellbeing.

I must turn my phone off when I enter school site.



I could seek the Lords comfort through prayer.



I could read a book from the student wellness section in the library.



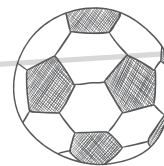
I could use my break times to recharge by body by eating healthy food and socialising with my peers.



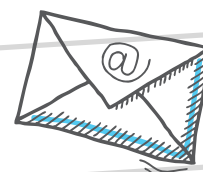
I could regularly see what extra curricular opportunities are available at St Paul's and participate where possible.



I should actively participate in my weekly Sports and Exercise lesson to support my physical health.



I could check the student wellness Sharepoint page weekly to identify strategies to support my own wellbeing.



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