



Health and Wellbeing Hub Newsletter

WELCOME BACK

Welcome back after the Christmas break. We hope you all had a restful and happy holidays. We know it has been a worrying and stressful time for some of you and the coming weeks may be difficult, we all need to support each other - We are sure there will be brighter days ahead!

We always follow Government and Public Health guidance and we will keep you informed of any changes as soon as they are announced.

As always, the message is that vaccinations remain the best way of protecting you and others against Covid-19. Covid-19 will be a feature of our lives for the foreseeable future, and so we need to learn to live with it and manage the risks to ourselves and others.

Please can we remind all students in Year 7 and above, and all staff to continue to carry out a Lateral Flow Test on Monday and Thursday mornings before school, and to report the result on the Government Lateral Flow testing reporting site, stating William Henry Smith School (HD6 3JW).

Link: <https://www.gov.uk/report-covid19-result>.

Covid vaccinations will be offered in school for students—date TBC. Many of the students 12-15 years old received the first vaccine before the Christmas break. Please can we ask that parents check their emails regularly for consent forms, which need completing by the person with parental rights to the child, otherwise the vaccine cannot be given.

Other vaccinations will be given from February, again please check emails for consent forms, if these have not already been completed. These are the HPV vaccine for year 8 students, and the meningitis, diphtheria, tetanus, polio, MMR and rubella for year 9 students.





Please keep the school informed about any allergies, or any new diagnoses that the school are not aware of. The school aims to practice a nut free ingredient policy, although we recognize that this cannot be guaranteed. This policy serves to set out all the measures to reduce the risk to students and staff who may suffer an anaphylactic reaction if they are exposed to nuts to which they are sensitive. The school aims to protect children who have allergies to nuts, yet also help them to take responsibility as to what foods they can eat and to be aware of where they may be put at risk. The nut free policy is available to view on our website.

All children should be participating in at least one hour a day physical activity. Due to the increase of computer games and gaming consoles, children can be deterred to participate in physical exercise. This will help their development and growth, along with a healthier heart and reduce the risk of developing Diabetes. Vitamin D is sourced from the sun and fresh air is important for everyone. Many individuals can have reduced Vitamin D in the UK due to the reduced sunlight, especially in Winter. Vitamin D helps with the immune system, growth and bones. At school all students are encouraged to participate in outdoor education, our daily mile track and Quality of Life sessions.



We are hoping that by the end of January, the school will have a team for eye care, who will visit and carry out eye tests and eye health checks for all students. This will likely be as an opt-out consent process, rather than an opt-in.

We have a new policy being developed for the school regarding menopause. The policy aims to offer regular, informal conversations between managers and employees. Such conversations can identify support at work that can help women to discuss any relevant health concerns. Employees should be able to expect respectful behaviours at work, including those that relate to their gender and age. The school is committed to ensuring that women feel confident in discussing menopause symptoms openly, without embarrassment and are able to ask for support and adjustments in order to continue to work safely within the school. For this reason, the menopause at work is an issue for men as well as women.



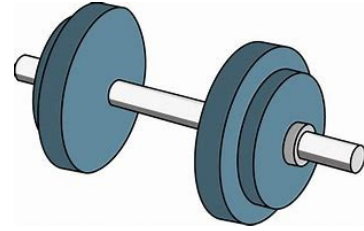


Gareth's top-tips to improve your **Quality of Life** in January:

Gareth's number one piece of advice is: do you have a plan? And is your plan realistic and sustainable?

Top Tip 1 - Exercise

Work out how much time you can realistically give up per week (sustainably for the next 6 months) and plan your training/activities/runs around those times. Setting yourself a goal of going to the gym or running every single day gives you no leeway and usually leads us to failing at our goals at the first hurdle! Maybe start with two or three sessions per week and build them up over time, making your goal more realistic and sustainable.



Top Tip 2 - Nutrition

Tinker with your food choices, don't try and change everything at once. Reduce the bad things in your diet and slowly wean them out over time. Again going from your current eating habits to rice and chicken 3 times a day is too extreme a change and usually again leads to failure and dietary relapse.



Top Tip 3 - Lifestyle

Christmas and New Year breaks can lead to a more sedentary lifestyle, and being out of the daily routine can see a huge reduction in daily activity (steps). I would suggest averaging out a "normal" weeks steps and adding 500-1000 steps on to that total. This is your new daily step target. Again trying to hit averages and advised targets of between 8000-10000 steps per day can be too extreme for someone who is currently only hitting between 4000-5000 per day, potentially leading to goal failure and demotivation.



Staff are being invited to join a group of 5 and walk a marathon everyday throughout the month of January. All team members must complete a minimum of 10,000 steps per day, and then the remaining steps can be completed by any of the team.





January 2022 Campaigns and Awareness Days:

- Dry January
- Veganuary
- Houseplant Week - 10th-16th January
- Blue Monday - 17th January
- Cervical Cancer Prevention Week - 17th-23rd January



February 2022 Campaigns and Awareness Days:

- LGBT History Month
- Time to Talk Day - 3rd February
- World Cancer Day - 4th February
- Sexual Abuse and Sexual Violence Week - 7th-13th February
- Children's Mental Health Week - 7th-13th February
- Eating Disorder Awareness Week - 26th February-6th March

March 2022 Campaigns and Awareness Days:

- International Women's Day - 8th March
- No Smoking Day - 10th March
- World Sleep Day - 18th March
- International Day of Elimination of Racial Discrimination - 21st March
- Neurodiversity Celebration Week - 14th-20th March
- International Transgender Day of Visibility - 31st March

April 2022 Campaigns and Awareness Days:

- Stress Awareness Month
- World Autism Day - 2nd April
- World Day for Safety & Health at Work - 28th April

Quality Of Life

Thank you and we hope you enjoy our newsletter - look out for the next one!

Andrea and Sara

