

MENTAL
HEALTH

IS JUST AS IMPORTANT AS

PHYSICAL
HEALTH

PSHCE Bulletin

Build Me Up

Welcome to the first PSHCE Bulletin, Monday 30th March, 2020.

We are living through extraordinary and unprecedented times. In the face of the unknown it can be difficult to take a step back and see how to be. This briefing will help to remind you of important ways to look after yourself and others. It is designed to help you to reflect on important personal well-being issues so that you can continue to grow and thrive.

The Bulletin will contain reminders about useful links to sources of advice and guidance and will give a little bit of information about the theme of the PSHCE session for the week. Each week will focus on a different theme and we would like you to complete each session. You could think of it as a personal reflective journal where we are guiding you through some key issues. Just play the powerpoint and follow the exercises.

This week the theme is **Build Me Up**. It can often be hard to stay motivated when your life is changing and things seem to be out of your control. It is at these times that it is important to stay motivated and continue to pursue your goals.

In this week's session you will:

- Understand what motivation is and what motivates you.
- Identify what makes you work or give up.
- Demonstrate how to motivate yourself and others.

Useful Links and Contacts

There are a huge range of links to different well-being resources on the school website at <https://www.thomastallisschool.com/schoolclosureresources.html>

Childline - www.childline.org.uk Phone: 0800 1111

Young Minds - www.youngminds.org.uk

Samaritans - www.samaritans.org Phone: 116 123
