

## **WHOLE SCHOOL**

### **Warwickshire School Health**

Please find attached a health and wellbeing update from our school nurse team.

### **Message from Mrs Worth School Counsellor**

Please find below useful links for tips and ideas regarding mental health

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

Meditation has many proven benefits both for physical and mental wellbeing. People who practice meditation also report feeling less stressed and anxious, less depressed and are sleeping much better.

<https://www.headspace.com/meditation/guided-meditation>

## **YEARS 11**

### **NCS- Summer 2020/21**

While our Summer 2020 programme will not be going ahead in the traditional NCS format, we have created an online digital platform that hopes to keep young people connected. If you could share this with Year 11's, that would be much appreciated <https://wearencs.com/staying-connected>