



## What a Success!

Positivity Edition

### St Nicholas Catholic High School embraces positivity.

#### Positivity.

It's been incredible to see you all back in school for our first full week back following the National Lockdown.

Testing has gone ahead at full speed and you have all embraced the new 'normal' St Nicholas.

The Learning Mentors have been 'out and about' on the yard during break and lunchtime and it's been great to see you all interacting with your peers and catching up socially.

This week we have been promoting positive wellbeing here in school and we have added 5 of the Learning Mentors 'Top Tips.'

To continue to promote Positive Wellbeing and Mindset, We have added a positive activity for you to complete.

Please do send these back to:

[drop-in@st-nicholas.cheshire.sch.uk](mailto:drop-in@st-nicholas.cheshire.sch.uk) - We will look to collate all responses and add to the Learning Mentors' noticeboard.

Have a safe and enjoyable weekend, and we look forward to seeing you all next week.

#### 5 Top Tips to Promote Positive Wellbeing

**Connect:** Build connections with people around you.

**Be active:** Boost your energy and mood by doing something active.

**Take notice:** Be curious about the world and savour the moment.

**Keep learning:** Learn something new to boost your confidence and have fun.

**Give:** Do something nice for someone.

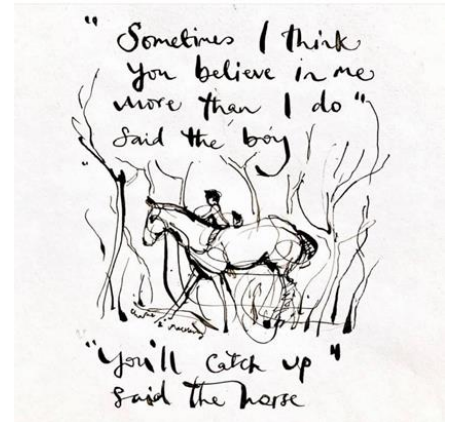
#### How many positives can you think of?

Fill in the shapes with as many positives you can think of.  
E.g. "I am brave, kind, caring."

I AM

I CAN

I HAVE



#### Useful Contacts and Resources

<https://giveusashout.org/>

Text SHOUT to 85258 – Trained volunteers are available 24/7.

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My Mind – Transition back to School

<https://www.mymind.org.uk/coping/coping-with-covid-19-coronavirus/back-to-school/>

Support for Students, Parents, Carers, Teachers and Support Staff with lots of resources and strategies to help alleviate anxiety in the transition back to school.

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