

## HEAD OF YEAR BULLETIN:

**Welcome!** to our new bulletin which we hope to send out on a regular basis in the next academic year to help keep you informed and up to date.



Mrs Hachipuka  
Head of Year 7



Mrs Proudfoot Smith  
Head of Year 8



Mrs Teixeira  
Head of Year 9



Mr Wilson  
Head of Year 10



Miss Marchant  
Head of Year 11

Teaching staff have been busy nominating students from Years 7, 8 and 9 for awards which will be sent out via post. These awards are to recognise the hard work, resilience and commitment shown by so many of you every day at Okehampton College. Many teachers have also nominated those of you who have been working so hard remotely during this time. Each nominee will receive a certificate and letter from Mr Brett. Well done to all of you who receive an award!



**Don't Forget** to obtain any uniform in plenty of time for the new term.

Click on the picture to go straight to our website for a guide to the uniform expectations and stockists

**Remember:**  
No white socks  
No Hoodies

### Be Prepared..

Make sure you have your pencil case ready for the first day back on Wednesday 9th September. Pens, pencils, ruler, sharpener, rubber. A clear one is a good idea!



30 minutes is the key, but 60 minutes ideally  
Every day throughout the week  
Remember warm-up. So as not to tweak!

#### 10 Ideas for 30 minutes Physical activity

1. A family walk
2. A fun cycle
3. A HIIT workout
4. A home body weight circuit
5. Pilates
6. Yoga
7. Armchair aerobics
8. Garden games
9. Couch to 5K
10. Take part in in an Okehampton college challenge (see college website and Facebook pages)

\*For more ideas for being active at home see the National school sports week website:

[https://www.youthsporttrust.org/system/files/resources/documents/YST\\_NSSW\\_Activities.pdf](https://www.youthsporttrust.org/system/files/resources/documents/YST_NSSW_Activities.pdf)

Keeping active every day is good for your body, mind and spirit especially during these stressful times. And more physical activities you do can improve your sleep which is also important for good health.

**BE ACTIVE &  
STAY HEALTHY  
AT HOME!**



World Health Organization

#BeActive

#HealthyAtHome

**BE  
Active  
Stay  
Healthy!**

# Wellbeing Focus

"10 - a - Day"  
Choices towards

## Balancing Our Mental Health

1. Talk about your feelings



2. Do something you enjoy and are good at



3. Keep yourself hydrated



4. Eat Well



5. Keep active in mind and body



6. Take a break



7. Stay connected to those you care about



8. Ask for help



9. Be proud of your very being



10. Actively care for others



**Mental Health**

## How Are You?



HELP:

School Nurse

Click Link Here



College Staff

Child Protection Officer

[www.youngdevon.org.uk](http://www.youngdevon.org.uk)

[www.kooth.com](http://www.kooth.com)

[Youngminds.org.uk](http://Youngminds.org.uk)

[Headstogether.org.uk](http://Headstogether.org.uk)

[Rethink.org.uk](http://Rethink.org.uk)

[Mind.org.uk](http://Mind.org.uk)

**Well done!** to everyone for their effort to continue with school work during this difficult time.

Have a good summer and make sure you do lots of things you enjoy! We look forward to seeing you all in September.

**Stay Safe!**



Okehampton College