

## Mental health and well-being weekly #1

Welcome everyone to our new academic year!  
This first week back has been different for all of us, but we've pulled together as we always do, and here we are at the end of week one.  
This page is a weekly attempt to raise your spirits, make you smile and give you a little mindfulness wisdom along the way.

### Mindfulness thought for the week

Don't look back.  
You're not going that  
way.

### Mindfulness saying of the week:

I am good enough!

For those who missed these from last term, here are some genuine GCSE answers:

Q. Name the four seasons? A. Salt pepper mustard and vinegar.

Q. How can you delay milk turning sour? A. Keep it in the cow.

Q. How are the main 20 parts of the body categorised i.e. the abdomen? A. The body is consisted into 3 parts - the brainium, the borax and the abdominal cavity. The brainium contains the brain, the borax contains the heart and lungs, the abdominal cavity contains the five bowels A,E,I,O,U.

See you next week!

