

YOUNGMINDS



Date: 14th October 2022

Cambian Chesham House School

This Week:

- Student sat their Functional Skills ICT exam
- Hello Yellow
- Importance of Mental Wellbeing
- Summit of Success!
- Apple crumble!



This week has been Mental Health Wellbeing Awareness, starting the week off staff showed their support for Hello Yellow in partnership with Young Minds by wearing yellow

Students in Tutorial have discussed the impact of mental health on young people and discussed the positive and negative words used. Students were able to give explanations for why they think these words are either positive or negative.

In success news, one of your students completed their Level 1 Functional Skills ICT – fingers crossed for a good result!

This week our incentive tracker has had a makeover – The Summit of Success!

Students in their review at the end of the week, spoke to staff around goals they would like to set themselves and also, what they would like to work towards this year. Many choices included: fishing equipment, new trainers, acrylic nails and gaming tokens

And finally, as part of looking after staff and student wellbeing one of our lovely teaching assistants made Victoria sponge cake and apple crumble – great end to the week! Yum Yum!







Looking after your mental health is just as important as your physical health – apple crumble & cake counts doesn't it? 50% of mental health problems are established by age 14 and 75% by age 24