



St. Richard's Catholic College

*A National Teaching School, a National Support School and a
High Performing Specialist Science College*



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November 2020

Dear Parents, Carers and Pupils,

Well-Being Works Webinars coming to St Richard's Catholic College

We are so proud of the way pupils continue to respond to the very difficult circumstances we all face right now. We now want to do something to support everyone's daily well-being.

For the week beginning 7th December, I will be running Well-Being Works Webinars for parents, carers and families every evening. The webinars are at 7.30pm and run for a maximum of 30 minutes. Each evening I will focus on a different aspect of well-being.


To sign up to any or all of the webinars, click [here](#). The webinars are all about Action Your Potential's 12 rocks of Well-Being; daily habits to build well-being every day. They will be focused on practical suggestions of how to get more out of each Rock in our lives.

Monday, 7th December – [Sleep & Exercise, 7:30pm](#)

Tuesday, 8th December – [Managing Emotions, 7:30pm](#)

Wednesday, 9th December – [Why Rock 11 is so important, 7:30pm](#)

Thursday, 10th December – [How to get the Rocks in every day, 7:30pm](#)



12 Rocks Of Well-Being

- Rock 1 – Sleep – 8-9 Hours a night
- Rock 2 – Exercise – 20 mins per day
- Rock 3 – Eat and Drink Healthily – complex carbs, protein, low sugar
- Rock 4 – Mindfulness – be present without judgement 5-10 mins
- Rock 5 – Mind Wandering – allow your mind to social problem solve
- Rock 6 – Manage Emotions – notice, accept, share with trust
- Rock 7 – Walk Outside in Nature
- Rock 8 – Listen to Music – 20-30 minutes
- Rock 9 – Connect meaningfully with friends and family
- Rock 10 – Gratitude and Kindness- express both explicitly each day
- Rock 11 – Engage in activities important to your life's purpose
- Rock 12 – Learn, Play, Create, Read

Yours sincerely,

Andrew Wright
Action Your Potential

