

# TSHLC STUDENT WELLBEING NEWSLETTER

NUTURING NOVEMBER 2021



This winter, be a ray of sunshine by **giving** an extra box of cereal or some biscuits to the donation boxes at your Parish Church or local supermarket. Helping to nurture those who need it most.

**Notice** that the groundwork of all happiness is health: your own, as well as those around you. Consider a practical way that you can help nurture your health and those around you.

During this month, try **learning** new things about the world around you: how the seasonal changes make a difference to you

**Learn** a new healthy recipe using seasonal vegetables and fruit.

**TRY THIS GENERAL KNOWLEDGE QUIZ!**

<http://www.quiz-maker.com/Q3ME1P735>



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**Connect** with friends and family members through social media or in person. Check up on them to see if they are doing well. Lend a helping hand to those who are in need, you could do this by visiting someone who needs it.

For the month of November, it may be a bit chilly for a jog, so instead try a new way to **Be Active**. Try a cool dance workout! Dance workouts are amazing for anyone who just wants to exercise to their favourite songs, and just have fun. This is nourishment for your spirit as well as being fun. So, try it and you might just find a new hobby!

Mamma Mia Dance workout:

<https://www.youtube.com/watch?v=lr6WPH7CQm8>

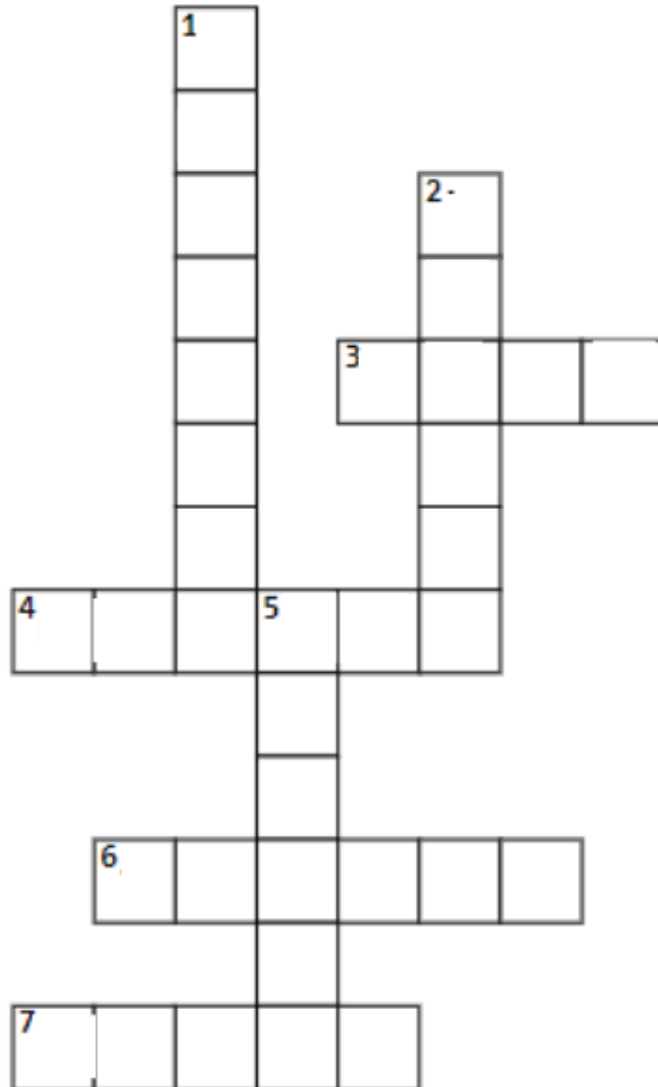
One direction Dance Workout:

<https://www.youtube.com/watch?v=KUDzILp3uVw>



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Fill in the Crossword!

## ACROSS

- 3. \_\_\_\_\_ to someone if you need to
- 4. take a deep breath
- 6. call or text a
- 7. get the right amount of

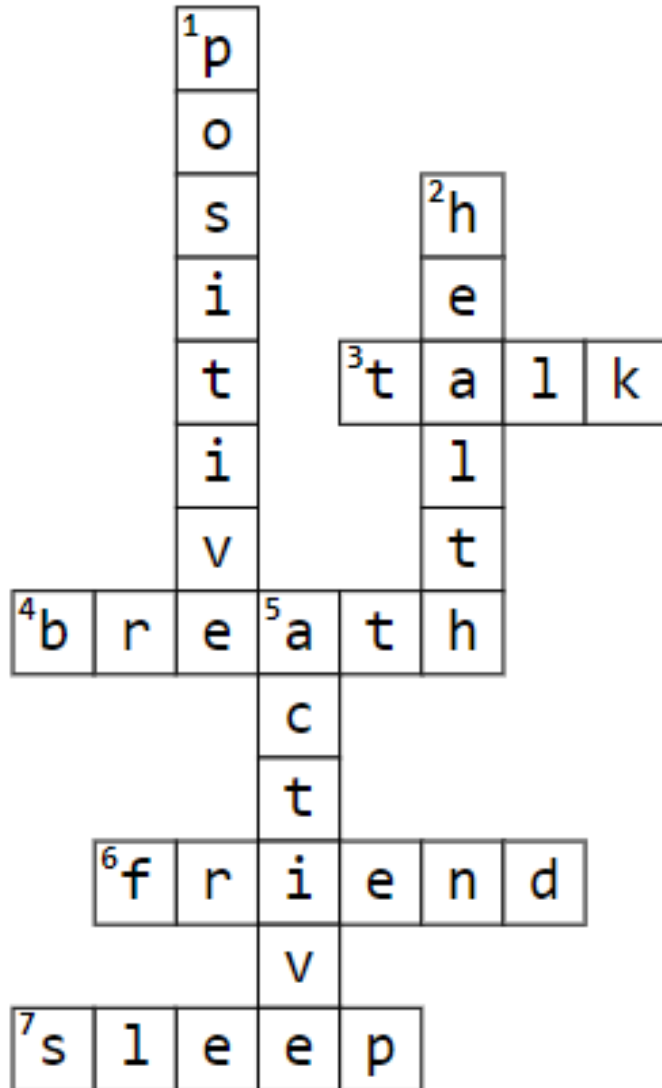
## DOWN

- 1. always remember to stay
- 2. look after your mental
- 3. do something to stay



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**Crossword answers!**

