

# Maesteg School Health and Well-being

## Year 6 Transition Challenges



As a Health and well being faculty we would like to welcome you to our school and introduce you to our faculty. This week there will be a number of new challenges that will support and promote Physical, Mental and Social well-being. This is also a perfect opportunity to get to know you as a new member of our school community.

We would love you to share your success stories, with posters, pictures and videos on Twitter @MrsScudaPEWell @MaestegPE @MaestegSchool or email [escudamore@maestegcs.bridgend.sch.uk](mailto:escudamore@maestegcs.bridgend.sch.uk) we will be selecting one winner at the end of each week!



Use the QR CODE to meet my outstanding team!

### Challenge 1: Can you make our favourite healthy snack drink or meal?

TOP 3 TIPS to stay Happy and Health



Can you make your favourite healthy snack? Explain what ingredients you have used, name of snack and the nutritional value of the snack.

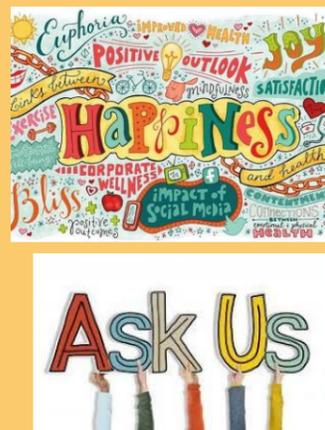


Listen to Kate Perry "ROAR" Can you create a TIK TOK or dance? Listen to the music let it inspire you to ROAR at Maesteg School



### Challenge 2: Mental and Social well being

**What makes me Happy?**  
Can you share 3 things that make you happy? Take pictures, make a poster or make a PowerPoint.



**Ask us a question?**  
Starting a new school can be daunting why not put your mind at ease and ask us a question? I will make sure we answer your questions and address any concerns? Tweet or email



**Mindfulness**  
Take sometime for yourself with Headspace youtube channel.



**Asking for Help?**  
When is it time to ask for help? This fantastic CWMT resource will support you and your family in your time of need.



<https://www.cwmt.org.uk/>

### Challenge 3: Physical Challenge



Can you share videos or pictures of you taking part in any physical activity?  
Remember Physical Activity can be anything that improves physical health from walking your dog, dancing or playing football or netball.  
Please remember to post your name and primary school.

Quote of the week!



THIS IS THE BEGINNING, OF ANYTHING YOU WANT.