



Wellbeing Bulletin

Issue 1

Michaelmas 1

Welcome to the first issue of the RHS Staff Wellbeing Bulletin. What we are aiming to produce is a half termly update on all matters related to wellness and health that impact on the staff here at RHS. If you have any ideas as to what you would like to see in future editions or any notices for inclusion next half, please get in touch.

TOP TIPS FOR BACK TO SCHOOL WELLNESS

Take care of your colleagues' wellbeing by using the handy function on Outlook that allows you to choose when to send an email in order to avoid unnecessary stress outside of working hours.

Remember to check out the Heritage Café – take a break from your desk and your screen and take in the fresh air and stunning views on a walk to our latest new facility.

Join a staff activity; it's a great way to meet new people and get active. See the list below for what's on offer this term.

STAFF ACTIVITIES

MONDAY EVENING

Football - contact Reece Clare
Pilates - contact Katie Gould

TUESDAY EVENING

Staff Swim - contact Brian Martineau
Ultimate Frisbee - contact Dan Harris
Ballroom (every other Tuesday)
- contact David Corby

FRIDAY EVENING

The Shed is open most Friday evenings - contact Isabelle Taylor Payne



MUSIC @ RHS

Free tickets to a number of concerts put on across the year (see Music programme for details) contact Katy Griffiths.

Staff are also welcome to join any music activity from this list. Contact Ed Allen for details



Day	Time	Activity
Monday	1050	Clarinet Ensemble
	1050	Flute Ensemble
	1305	Junior Corps of Drums
	1305	Brass Ensemble
	1700	Band/Concert Band
Tuesday	0800	Intermediate String Ensemble
	1050	Percussion Ensemble
	1305	Pop Choir
	1305	Saxophone Ensemble
	1330	Cello Ensemble
Wednesday	1305	Symphony Orchestra
	1305	House Bands
	1340	Classical Guitar Ensemble <i>in E45</i>
	1700	Chapel Choir
	1700	Opera rehearsals (invitation only)
	1930	Bugle Club
Thursday	1305	Band/Concert Band
	1305	Bugle Club
	1700	Musicianship Surgery (Theory)
	1830	Big Band
Friday	0750	Advanced String Group (invitation only)
	1305	Chamber Choir (invitation only)
	1700	CoD Display Team (invitation only)
	1700	Chapel Choir

SCHOOL GYM

Below are the times when staff can train by themselves in the strength and conditioning room or fitness suite:

Mon-Sat: 06.30-08.00
Mon, Tue, Thu, Fri: 18.00-22.30
Sat: 17.00-22.30
Sun: 10.30-13.00 & 20.00-22.00

Staff can train earlier than this in the morning, but they must train with someone else, and also, when there are pupil sessions taking place in the fitness suite then this takes precedence.

New staff just need to email Albie Sayer about getting an induction before they can get in either room.

WELLBEING ON THE WEB

Follow the link to a great website called Recipes for Wellbeing which has lots of tips and suggestions for self-care. I thought this one was a good place to start at the beginning of a new academic year.

<https://www.recipesforwellbeing.org/recipes/>



As cold and flu bugs start to spread, perhaps try this supposedly immune boosting recipe...

LEMON GINGER TURMERIC WELLNESS SHOTS

PREP TIME 10 minutes

TOTAL TIME 10 minutes

Ingredients

- 1 small orange (add 1-2 more oranges for added sweetness / omit and add another lemon for less sweetness!)
- 2 small lemons (add 1-2 more lemons for more acidity / reduce by half and add another orange for less acidity!)
- 1/4 cup chopped fresh turmeric (peeling optional)
- 1/4 cup chopped fresh ginger (peeling optional)
- 1/8 tsp fresh black pepper
- 1/4 tsp oil (such as extra virgin, optional / to help improve turmeric absorption)

Instructions

- **JUICER:** To a juicer, add orange, lemon, turmeric, and ginger (depending on the juicer, you may need to peel the orange and lemon)
- **BLENDER:** Add turmeric and ginger to a high-speed blender or small blender. Then add the juice of the orange and the lemons (this helps the mixture blend easier, and removes the pulp/rind).
- Add a little water if it has trouble blending but you shouldn't need any. Then strain through a clean thin dish towel, small fine mesh strainer, or nut milk bag. Just be aware that turmeric can stain.
- **FOR SERVING:** Divide between serving glasses and enjoy! For maximum benefits, enjoy immediately and top with fresh cracked black pepper. Recommendation: add a little fat to improve turmeric absorption, such as olive oil!

