

PEDALS POINTERS



Returning to school brings new opportunities, but also challenges – Try these “PEDALS Pointers” for a positive start:

Get a good night's sleep:

Try to get back into a good routine at bedtime. Getting enough, good quality sleep, is vital for both mental and physical wellbeing.

Keep moving:

Regular physical activity aids both mental and physical wellbeing. Even just 10 minutes a day is enough to improve our mood. Get outside when you can.

Get organised:

Pack bags, make packed lunches and get uniform ready the night before. Calm mornings are often more successful than rushed ones.

Ask for help:

If you are finding something tricky or need some advice, seek out the support of friends, family or trusted school staff to assist you. We are here to help.

