



Looking after your health What is Charity?

What a year!



**EXAMS
CANCELLED***

live *not IGCSEs



"In our hectic lives, we sometimes forget to check in with ourselves. Therefore, we sometimes don't realise our wellbeing is suffering until we are struggling because of it."

Having good wellbeing can help you to:

- feel and express a range of emotions
- have confidence and positive self-esteem
- have good relationships with others
- enjoy the world around you
- cope with stress and adapt when things change

Good wellbeing doesn't mean you'll always be happy. It's normal to feel sad, angry, or low sometimes. But if you have poor wellbeing for a long time you might start to find things more difficult to cope with.

What can affect my wellbeing?

We're all different, so what affects your wellbeing may not be the same for somebody else. But some common things are:

- difficult or stressful life events
- your relationships with the people around you
- the care and support you get at home and school
- your physical health - how much sleep you get, what you eat and drink, and if you have any health problems
- your environment - housing conditions, how you are treated by others, money problems
- being able to recognise and communicate your emotions

You may experience difficulties in one or more of these areas, or even experience problems not listed here. That's okay. Everyone is different.

At Chiltern Hills Academy we support lots of different charities that help the wellbeing of others



Wear it Pink day Friday 22 October



On Friday 22 October please wear something pink to raise money for cancer.

This could be a shirt/jumper/tie or even a pink pair of socks

You must just wear one item of pink clothing

No pink hair!

So, one item of pink clothing and the **rest will be your usual uniform** (unless you have P.E/Dance on the Friday)

There are others ways of showing charity without giving money.

The word 'charity' comes from the Latin 'caritas' which means 'love' (one of the Chiltern Hills values)

How can we show charitable love?

Being kind to someone, asking how they are and taking an interest in them even if you are different

Displaying those acts of kindness that can make someone feel good about themselves.

Showing someone you care by listening

Helping someone that really needs it

Respecting everyone no-matter what their ethnicity, gender or life choices

Giving up your time to volunteer and to support others less fortunate

Giving food or provisions to your local food bank



Kindness & Charity

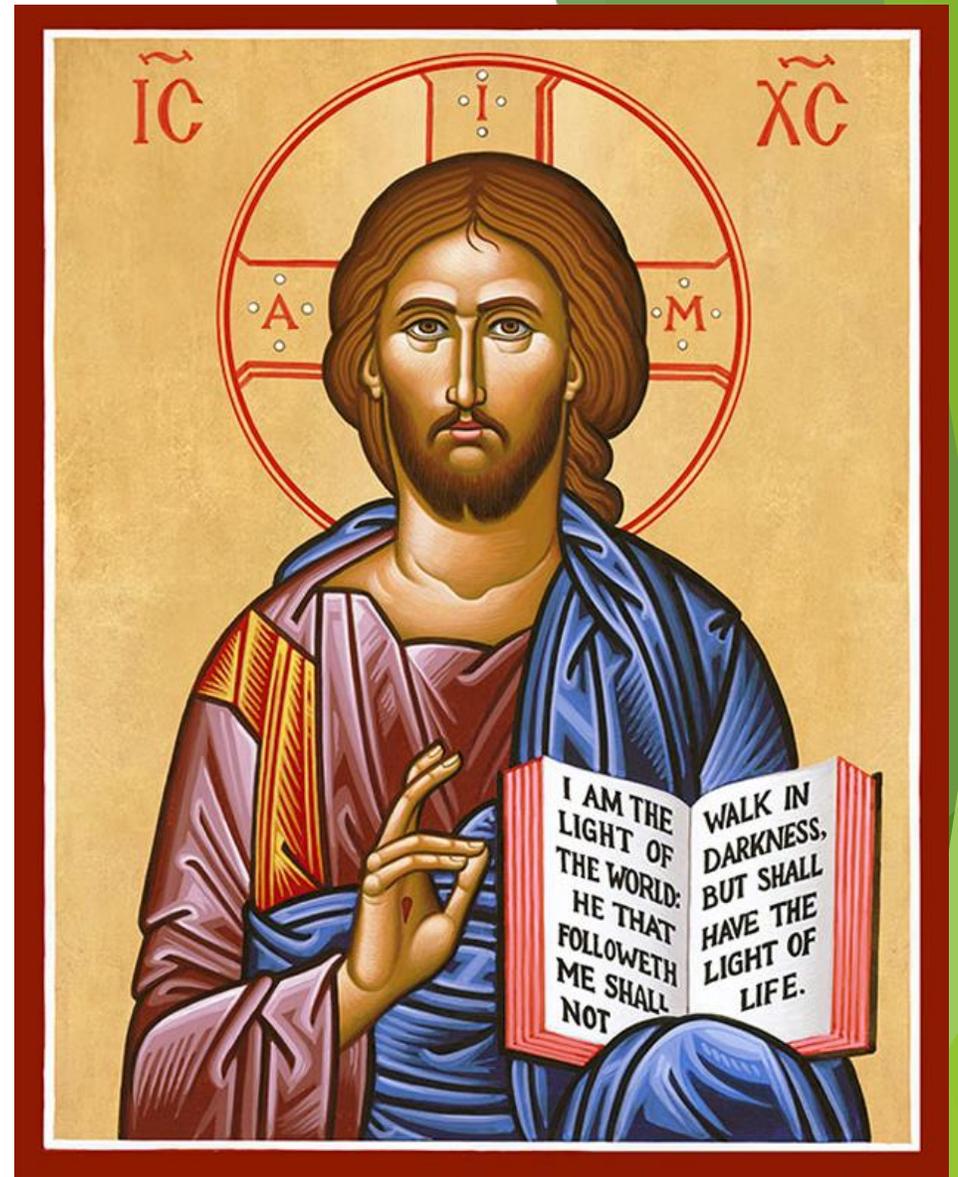
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The Good Samaritan
Charity of kindness

THE COMPASSIONATE GIVER (LUKE 10:35)

Luke 10:35 introduces us to a fictional character, but the story is powerfully real. Today we call him the Good Samaritan, a man who allowed his day to be interrupted. He didn't permit the inconvenience or expense to stop him. Whatever others may say about his investment in a troubled person did not matter. He gave compassionately and comprehensively. No trite pat on the back here. Rather he gave time, energy, and resources over an extended period for a man he may never see again. Giving people are both simple and alert. This story could look a little heroic, but it's really just common courtesy. If you can't be stopped in your tracks, you will never be able to give compassionately.



Dear God,

When charity is used in Scripture usually it means love, but it also means giving, to help the needy, an act of kindness and generosity to others. Charity doesn't have to be about money it can be whatever we have. Christians and other faiths are to be charitable. Not so they can be seen by others as good people, but out of love and compassion for others.

Help us to show love and compassion to others in all we do.

Amen.

