


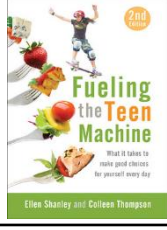
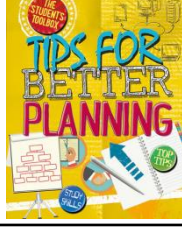
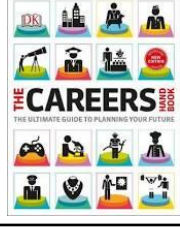











# To Guide You on Your Way



The Guidance department would love you to stay cognitively engaged over the coming weeks. Below are some suggestions of books, websites, films, podcasts and TV shows you could watch to keep up to date with issues in today's society that are relevant to you.



	 <a href="#">Good Advice and Kind Words for Positive Mental Well-Being</a>	 <a href="#">Tips on how to get a better nights sleep</a>	 <a href="#">Tips on Healthy Eating and making good choices</a>	 <a href="#">Tips for planning and revising</a>	 <a href="#">A guide to planning your future</a>
	<a href="#">Healthy food and snack choices for teens –</a> <a href="#">iPlayer the truth about healthy eating</a> <a href="#">BBC class clips – physical education, fire up the future</a>		<a href="#">iPlayer True North – the power of park run</a> <a href="#">First careers.co.uk – behind the scenes of the UK's most interesting jobs</a> <a href="#">IPlayer Life babble – team talk about sleep</a>		
	<a href="#">The nourished child podcast</a> <a href="#">Eat to perform podcast</a> <a href="#">Sleep meditation podcast</a> <a href="#">Beyond the to-do list podcast</a>		<a href="#">BBC Podcasts – Life hacks, how to stay productive when working from home.</a> <a href="#">Peace out podcast for mindfulness and relaxation.</a> <a href="#">Study skills Handbook podcast</a> or Listen on Apple <a href="#">Future you podcast – careers advice</a>		
	 <a href="#">Inside Out Emotional Wellbeing</a> 	 <a href="#">Advice! Exercise and Mental Health</a>	 <a href="#">Did you know your food can effect your mood?</a>	 <a href="#">What is Stress? &amp; How can I cope with it?</a>	 <a href="#">Calming and Relaxing Meditation Music</a>



[Teenage health and wellbeing | Family Lives](http://www.familylives.org.uk)  
[www.familylives.org.uk](http://www.familylives.org.uk) › [advice](#) › [teenagers](#) › [health-wellbeing](#)

Advice and support for your health and wellbeing.



[Sleep tips for teenagers - NHS](http://www.nhs.uk)  
[www.nhs.uk](http://www.nhs.uk) › [Live Well](#) › [Sleep and tiredness](#)

Here's how to make sure you are getting enough sleep to stay healthy and do well at school.



[Tips for examination revision - Supernanny](http://www.supernanny.co.uk)  
[www.supernanny.co.uk](http://www.supernanny.co.uk) › [Top-Tips-for-Successful-Revision-for-kids-](#)

Expert Sue Atkins offers some brilliant tips and advice for getting that revision right - for both parents and teenagers.



[Healthy eating for teens - NHS](http://www.nhs.uk)  
[www.nhs.uk](http://www.nhs.uk) › [Live Well](#) › [Eat well](#)

As a teenager, your body is going through many physical changes – changes that need to be supported by a healthy, balanced diet.



[National Careers Service: Careers advice - job profiles ...](http://nationalcareers.service.gov.uk)  
[nationalcareers.service.gov.uk](http://nationalcareers.service.gov.uk)

Use these career tools to help you with your choices on careers, training and work. Whatever your situation, there's something to help.