



Mental Health

At ACS Hillingdon...

Learning

we strive to try our best in school to be as present and active as possible in our lessons

Resilience

we bounce back fast and keep trying until we overcome the challenges we may face

Support

we support the people around us by checking up on them regularly

Physical Health

At ACS Hillingdon...

Sleep

we try to get enough sleep by sticking to a schedule that works, depending on what workload we receive

Nutrition

we're motivated to eat healthy food that can fuel our bodies

Exercise

we want to exercise both our minds and bodies to maintain a healthy lifestyle

Belonging

At ACS Hillingdon...

Respect

we encourage others to take everybody's opinions into account and respect their choices with an open mind

Inclusion

we encourage others to respect each other, making sure nobody feels excluded in the process

Positive Relationships

we rally our classmates to maintain positive relationships with friends, family, teachers, and others