



# Wellbeing week

Monday 22<sup>nd</sup> – Friday 26<sup>th</sup> November



# Monday

Internet Safety with Julia (UJ, Yr7, Yr8, Yr9, Yr10)  
Tory (Yr11)



Class	Time	Where
Year 10	9:30am – 10:15am - Julia	In class
Year 11	9:30am – 10:15am - Tory	In class
Year 9	10:45am – 11:30am	In class
Year 8	11:45am – 12:30	In class
Year 7	1pm – 1:45pm	In class
Upper Juniors	2pm – 2:45pm	In class



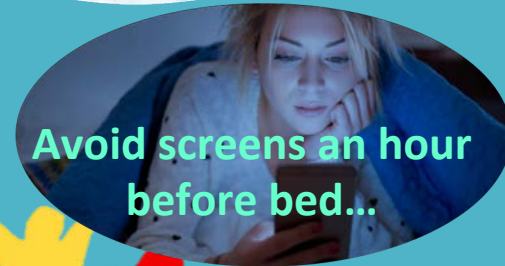
# Tuesday – Part 1 🧘

All about dreams and what they mean  
With Miss Czubaj and Mrs McLeod



<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>

Class	Time	Where
Year 10	9:15am – 9:45am	Village Hall
Year 11	10:00am – 10:30am	Village Hall
Year 7	10:45am – 11:15am	Village Hall
Year 8	11:30am – 12 o'clock	Village Hall
Juniors	From 1:45pm	SC class
Year 9, 10, 11 – Items to be given to form tutors to run at a different time (due to being at college)		



# Tuesday – Part 2

## Drama with Mrs Jones

Class	Time	Where
Juniors & 7	1pm – 1:30pm	Village Hall
Year 10 & 11	1:45pm – 2:30pm	Village Hall
Year 8 & 9	2:30pm – 3:10pm	Village Hall



# Wednesday – Part 1

## Boogie Bounce with Angie & Kirsty



Class	Time	Where
*Mixture of Yr7 & Juniors *JM trip	9:15am – 9:30am	Village Hall
Year 10	9:45am – 10am	Village Hall
Year 8	10:15am – 10:30am	Village Hall
Year 9	10:45am – 11am	Village Hall
Mixture of Yr7 & juniors	11:15am – 12 o'clock	Village Hall
11b	12:15pm – 12:30pm	Village Hall
11a	12:45pm -1pm	Village Hall



How high can you go



# Wednesday – Part 2

## Soul Space with Mrs Paterson & Mr Boughton

\*Afternoon music lessons in class



Class	Time	Where
Year 8	9:10am – 9:50am	Hall
Year 11b	10:05am – 10:45am	Hall
Year 11a	11am – 11:45am	Hall
Year 9	12 – 12:40pm	Hall
Year 7	1:10pm – 1:50pm	Hall
Juniors	2:00pm – 2:30pm	Hall
Year 10	2:40pm – 3:15pm	Hall



## Reflection Time



# Thursday

## Body Confidence Workshop with Ellie

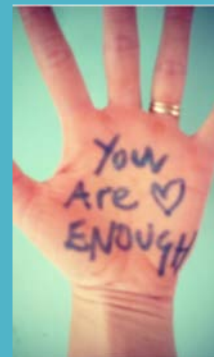
**You matter**  
**You are Important**  
**You are Significant**  
**You are Valuable**  
**You are Special**

Class	Time	Where
Year 10	9:15am – 10:15am	Village Hall
Year 7 & upper juniors	10:45am – 11:45am	Village Hall
Year 8	12 – 12:45pm	Village Hall
Year 9	1:05pm – 1:45pm	Village Hall
Year 11	2pm – 3pm	Village Hall

\*Prefects to support year groups – arranged with them



**Your voice matters**  
**Your life matters**  
**What you do matters**  
**Who you are matters**



# Friday - Part 1

## Bread making with Mrs van Gurp



Class	Time	Where
Juniors & 11a	9:15am – 10am	Village Hall
Year 10	10:15am – 11am *late break with RS/AB	Village Hall
Year 7	11:15am – 12 o'clock	Village Hall
Year 9	1pm – 1:45pm	Village Hall
Year 8 & 11b	2pm – 3pm	Village Hall



Hair tied up



Wash hands



# Friday - Part 2

## Swimming Juniors & Yr7 – Fun swim

Class	Time	Where
Juniors Year 7	1pm – 3pm	Victory Centre

Mr Dyball will drop swimmers off, back to transport Yr10 PE, then back to collect swimmers. KK/SD/JSe will collect PE students for return



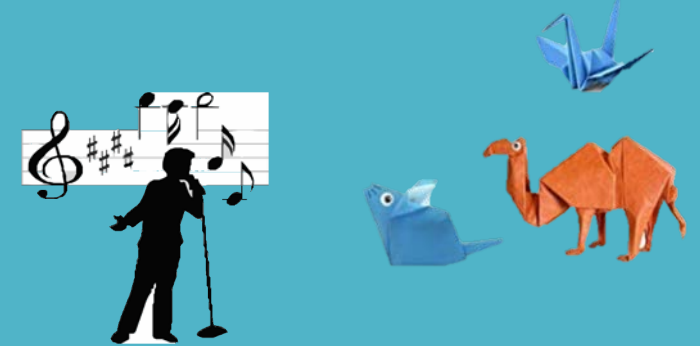
# What's on during Lunchtime ?

Activity
Origami and Board games with Miss Martin and student helpers
Singing with Mrs Woolnough
Table tennis with Mr Morton
Homemade stress balls with Mrs Wade



# What's on during Lunchtime ?

Activity	Where	When	Class
Origami and Board games with Miss Martin and student helpers	School Library	Monday Tuesday Wednesday Thursday Friday	Juniors Yr10/11 Year 7 Year 8 Year 9
Singing with Mrs Woolnough	School Hall	Monday Tuesday Friday	Students to sign up Max 20 each day
Table tennis with Mr Morton	Village Hall	Tuesday From 12 for GCSE group 12:55pm finish	Students to sign up JM to schedule times for mini matches
Homemade stress balls with Mrs Wade	School Kitchen	Daily	Students to sign up LW to schedule times





Have a great week  
everyone

