



# Wellbeing Week

*Monday 20th - Friday 24th November  
2023*



# Monday

*Nutrition & Me - School Hall*  
*Whole School*

How can I support my wellbeing, learning and ability to achieve my best with the right food?

Why do we need healthy food?

How does food affect my body & brain?



<https://thefamilynutritionexpert.com/>



Catherine  
Jeans



Class	Time
Year 8	9:15 - 10am
Year 7	10:15 - 11am
Year 9	11:15 - 12 o'clock
Juniors	12:30 - 1:15pm
Year 10	1:30 - 2:15pm
Year 11	2:30 - 3:15pm

# Tuesday

*Breathing Bracelets - Year 9 Classroom  
Whole School*



Mrs Montgomery

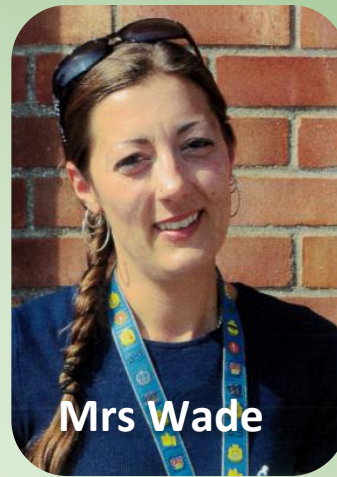


Class	Time
Juniors	9:15 - 10am
Year 8	10:05 - 10:50am
Year 7a & Yr10	11:05 - 11:50am
Year 7b & Yr11	12 - 12:45pm
Catering students	1:30 - 2:15pm
Year 9	2:20 - 3:05pm

# Tuesday

*Stress Ball Making - School Hall*  
*Whole School*

Class	Time
Year 10 & 11 in school	9:30 - 10am
Year 7b	10:05 - 10:35am
Year 8	11:15 - 11:45am
Year 7a	12 - 12:30pm
L.Juniors & Yr9	1 - 1:45pm
U.Juniors	2 - 2:30pm
KS4 catering	2:45 - 3:15pm





# Wednesday

*Dodgeball - Village Hall*  
*Whole School*



Back by popular demand !



Class	Time
<b>Juniors</b> Yr10 GCSE students to support	<b>9:30 - 10:15am</b>
<b>Year 8 &amp; 9</b>	<b>11:10 - 12:10pm</b>
<b>Year 7</b>	<b>1 - 2pm</b>
<b>Year 10 &amp; 11</b>	<b>2:05 - 3:05pm</b>

# Thursday

*Eating a Rainbow - School Hall  
Whole School*



Why is it important to eat minimum of 5 a day?

What do all the coloured pigments in fruit and vegetables give us?

<https://thefamilynutritionexpert.com/>



Catherine  
Jeans



Class	Time
Juniors	9:15 - 10am
Year 7	10:15 - 11am
Yr10 & 11 in school	11:15 - 12 o'clock
Construction & H+B students	12:30 - 1:15pm
Year 9	1:30 - 2:15pm
Year 8	2:30 - 3:15pm

# Friday Morning

*Bacton Beach Trip - Year 9*

*Topic coastal erosion and sea defences*

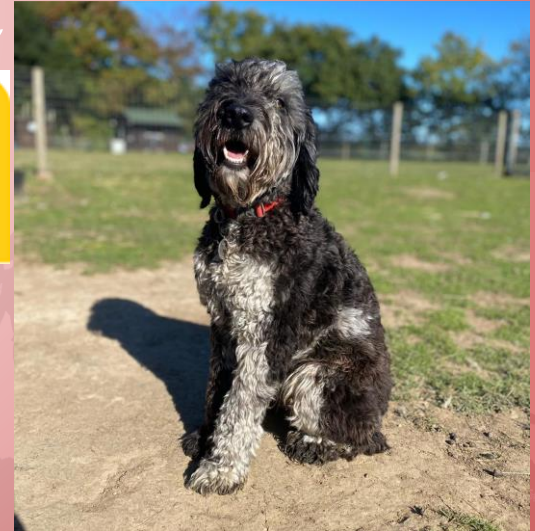


Non-uniform  
- whole  
school



*Sid is back in school to hear you all  
read*

**PETS AS  
THERAPY**



  
NORFOLK  
WILDLIFE  
TRUST

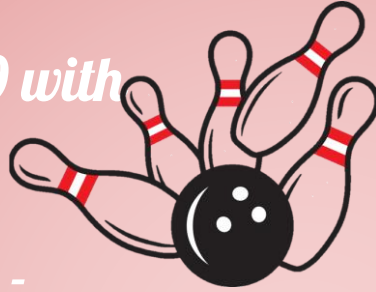
We're raising  
money for  
NFT

<https://www.norfolkwildlifetrust.org.uk/home>



# Friday Afternoon

*Bowling PE Trip - Year 10 with both Mr Morton's*



*Swimming - Juniors & Year 7 Victory Centre*

*Years 8, 9 & 11  
Carousel of activities*



Class	Activity & Time
Years 8 & 9	Drama 1-2pm
Year 8	Board games 2-2:30pm Smoothie making 2:30-3pm
Year 9	Smoothie making 2-2:30pm Board games 2:30-3pm
Year 11	Board games 1:30-2pm
Year 11	Smoothie making from 1pm



# Lunchtime Clubs



*Monday*



**NO  
OUT  
SIDERS**  
EVERYONE IS WELCOME IN OUR SCHOOL

*Tuesday*



*Wednesday*



**POKÉMON**



*Thursday*



*Friday*

**JUST  
DANCE**

