









A WEEK OF WELL-BEING

14-18 MAY 2018

ACTIVITIES FOR STUDENTS

	Monday	Tuesday	Wednesday	Thursday	Friday (1st-4th Funny Tie & Socks Day)
Pin Badges Available					
Before School			READ & RELAX AT BREAKFAST Library from 8.15am	MEDITATION Students Only S7 at 8.10am	PHONE & HEADPHONE OFF FRIDAY
Form Time/ Assembly	ASSEMBLY 4 th & L6	ASSEMBLY 1 st & 2 nd	WAKE-UP, SHAKE-UP WEDNESDAY ASSEMBLY 1 st	D.E.A.R Drop Everything And Read 9.00-9.15 for All	FRESHEN-UP FRIDAY ASSEMBLY 2 nd
Break	MUSIC in the Hall Relaxing music (Suggestion box in Hall)	MUSIC in the Hall Relaxing music (Suggestion box in Hall)	MUSIC in the Hall Relaxing music (Suggestion box in Hall)	MUSIC in the Hall Relaxing music (Suggestion box in Hall)	MUSIC in the Hall Relaxing music (Suggestion box in Hall)
Lunchtime	 MUSIC in the Hall	MINDFULNESS SESSION Staff & Students Library 1.10pm MUSIC in the Hall	COLOUR & CRAFTS Staff & Students Library 1.10pm MUSIC in the Hall	AEROBICS Staff & Students Gym 1.05 - 1.35 MUSIC in the Hall	 MUSIC in the Hall
After School			PILATES Staff, 4 th & U6 Gym at 4.10-5.00pm		HOME TO RELAX!
NO Homework	1 st Year	2 nd Year	4 th Year	U6	