

## Wellbeing Week 4<sup>th</sup> March 2019

- Boys – get involved and come along to the events below. If you have not signed up to yoga or drumming it is now too late BUT you can attend any of the other events. Aim to go to one each lunchtime
- In addition to these, there will be a Failure Wall to put any memories of messing up or getting something wrong and learning from it (write a note and stick it up – anonymous if you wish!). Check it out next to the library
- A beginner meditation session in the Chapel 2 at 2pm on Thursday (staff 1.45pm, students from 2pm)
- Bring £1 on Friday and enjoy mufti day

*How about challenging yourself or your form to a #tech-free-Thursday? (no laptop/iPad or phone usage – other than lessons – 6am to 6pm)*

	Monday	Tuesday	Wednesday	Thursday	Friday
Assembly	<p>AJZ – ‘The hundred-year life’</p> <p><i>A glimpse at the multi-stage life and how balance and nourishment are key for personal health and wealth</i></p>	<p>Ben Jackson, owner of the <a href="#">Parent &amp; Pupil Coach</a>, focusing on self-esteem and resilience</p>	<p>Entrepreneur, <a href="#">Health and Wellness</a> coach Roan Hemming about his values, the importance of sleep, and his career from chef to life coach, via South Africa and Sydney!</p>	<p>World Book Day DEAR (Drop Everything &amp; Read)</p> <p><i>After notices, all students and staff close laptops and pick up a book! Listen to the sweet bliss of reading...</i></p>	<p>Mufti Day</p> <p>Bring in £1</p>
Lunch 1	<p>‘Simplicity, Peace, Integrity, Conservation and Equality’ Q&amp;A with Quaker spokesperson, Chairperson for Bucks SACRE in schools <b>Upper Library 1.40pm</b></p>	<p>Beginner Yoga with Tim and Shannon from <a href="#">YogaTonic</a> open to all students regardless of experience <b>Sports Hall 1.40pm</b></p>	<p>Yoga for sport with Tim and Shannon from <a href="#">YogaTonic</a> . This session will look at using yoga for sport, strength and power. <b>Sports Hall 1.40pm</b></p>	<p>Art and Craft workshop ‘Sketch, Doodle &amp; Chill’ <i>Staff also welcome</i> <b>A2</b></p>	
Lunch 2	<p>Nutrition workshop – effective eating for teen sportsmen <b>Queens Hall 1.40pm</b></p>	<p>State of Mind are a charity focusing on mental health awareness in sport, particularly rugby league and rugby union <b>Queens Hall 1.40pm</b></p>	<p>African Drumming workshop with <a href="#">Hartbeats</a>. <i>This is a traditional and effective way of building unity and confidence, as well as having loads of fun</i> <b>Drama Studio 1.40pm</b></p>	<p>Meditation workshop in the <b>Chapel (Ch 2)</b>, staff <b>1.45pm</b>, students <b>2pm</b></p>	