

	Monday	Tuesday	Wednesday	Thursday	Friday
Assembly	Zak Sylvester assembly	Sleep assembly: 6 <sup>th</sup> form		DEAR (Drop Everything & Read) <i>After notices, all students and staff close laptops and pick up a book! Listen to the sweet bliss of reading...</i>	Mufti Day  Bring in £1
Lunch 1 1.35pm		<b>The science of sleep</b> Performance workshop Upper Library	<b>Beginner Yoga</b> with Tim and Shannon from <a href="#">YogaTonic</a> open to all students regardless of experience Sports Hall	<b>Street Dance Taster Session</b> with Amy from <a href="#">UrbanStrides</a> Drama Studio	<b>Yoga for sport</b> with Tim and Shannon from <a href="#">YogaTonic</a> . This session will look at using yoga for sport, strength and power. Sports Hall
Lunch 2 1.35pm	<b>Healthy body healthy mind</b> Nutrition focused performance workshop Queen's Hall	Resilience wall – intro to <b>rock climbing</b> Sports Hall Year 8/9	<b>African Drumming workshop</b> 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> Drama Studio	<b>Meditation workshop</b> Upper Library	<b>5 Ways to Wellbeing</b> Interactive talk and tips for getting the most out of life and being the best version of ourselves. External speaker. Limited numbers, not to be missed.  Room 16 Geography Block
Lunch 3 1.35pm	Resilience wall – Year 7 intro to <b>rock climbing</b> Sports Hall	<b>Lunch: Zak Sylvester calisthenics</b> Sports Hall Physical and mental strength demonstration, workshop and discussion.	<b>Secret Cinema</b> Room 24 Time: 1.35pm	<b>Secret Cinema</b> Room 24 Time: 1.35pm	<b>Secret Cinema</b> Room 24 Time: 1.35pm
					Resilience wall – <b>intro to rock climbing</b> Sports Hall All Years welcome
Art and Craft workshop – 'Sketch, Doodle & Chill' – Staff also welcome A2 <b>ALL WEEK</b>					
KS3 Homework: reading week – boys to develop and embed reading within the context of their studies. Not all subjects					