

WELL-BEING WEEK 2018
29 JANUARY - 2 FEBRUARY

BECAUSE YOU'RE WORTH IT!



New Day
New Week
New Goals

MONDAY

#MONDAYMOTIVATION
#LHSWELLBEING



TUESDAY



Assembly Launch
P3 & 4 Y6/7 Body
Confidence - Senior Gym
Lunch Tuck Shop Treats
After School Distribute
Well-Being Challenge in
form time
"Rugby-with a twist!"
Manor Road 3.45-5.15pm

8.30am Y6/Y7 LEPR
Workout Gym
Lunch Tuck Shop Treats
P7 to 9 Y9 Beautiful Me,
Jemma Swinfield, Room 25
After School Y9 Parents'
Evening



WEDNESDAY

Y11 History Trip
Y10-12 Music Trip
Break No Staff Briefing
Lunch Tuck Shop Treats
P7 to 9 Y9 Beautiful Me,
Jemma Swinfield, Room 25
After School No Work
Wednesday - for staff and
students



THURSDAY

Lunch Tuck Shop Treats
Walking Club 1.15-1.40pm
P7 to 9 Natasha Devon -
Talk to Y 9-12
Senior Gym
Y13 Bounce! Trip
After School Natasha
Devon - Talk to parents
5.30pm-6.30pm, Senior
Gym



FRIDAY

Assembly close Milan Wright
Y12, A Positive Mindset
Break LT Host Break for the
Staff
P3 to 6 Y10/11 Alternative
Therapies and Blossom Yoga
Drama Studio
Lunch Tuck Shop Treats &
Ice Cream Van (Inc P7)
P7 WHOLE SCHOOL
PHOTOGRAPH, Gravel 2pm