



Wellbeing week

Monday 25th – Friday 29th November

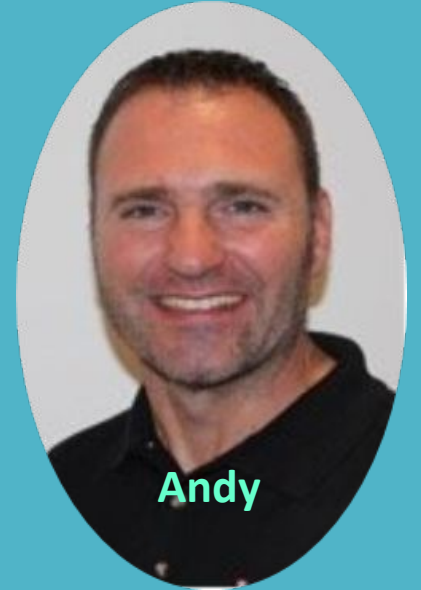


Focus: Physical Health

Monday

First Aid sessions - Juniors, 8 & 9 - School Hall

Class	Time	Staff
Year 9	9:30am - 10:30am	MB, ZM
Year 8	10:45am - 11:30am	SS, DS
Year 8	11:40am - 12:25pm	SS, JU
Lower Juniors	1pm - 1:45pm	SS, RM, NW
Year 6	1:55pm - 2:40pm	SS, MU, MW



Andy

<https://firstaidatworknorfolk.ltd.uk/about/>



Monday - All Years

WOW Bus (Wellness On Wheels)

Let's meet the team who can offer general advice and signposting

Class	Time	Staff
Year 10	9:30am - 10am	IB, AB
Year 8*	10am - 10:45am	CP, DS
Year 9	11am - 11:30am	SJ, ZM, MB
Year 7	11:30 - 12 o'clock	LC, LG
Year 11	12 - 12:30pm	RJ, MM
Year 6	1pm - 1:30pm	JS, LW, MW
Lower Juniors	1:45pm - 2:15pm	SC, RM, NW

*take in small groups

[A tour of the WOW Bus - Wellness on Wheels \(youtube.com\)](https://www.youtube.com/watch?v=...)

Ask health questions . . .



Tuesday

First Aid sessions - Year 7, 10 & 11 - School Hall

Class	Time	Staff
KS4 Art Class x7 students	9:30am - 10:30am	MU, ES
Year 7	10:45am - 11:30am	MU, LG
Year 11 C.Sci class	11:40am - 12:30pm	MP (3)
KS4 Catering class	1pm - 2pm	JR (7)



Andy is
back

<https://firstaidatworknorfolk.ltd.uk/about/>



Wednesday

Pickleball - All Years - Village Hall

Class	Time	Staff
Year 10 & 11	9:15am - 10am	RJ, MM, AF, TL
Year 8	10:05am - 10:45am	JU, DS, CP
All juniors	11am - 11:30am	SC, RM
Year 7	11:35am - 12:05pm	LC, LG
Year 9	12:10pm - 12:45pm	SJ, ZM, MB



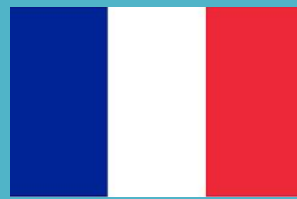
*What's pickleball?
Let's take a look...*

https://www.youtube.com/watch?v=U_J-TmR5OzQ



Focus: Physical Health

Thursday



International Cooking Yr11

Lexi

Rio

Lily



Liam

Fraser

Laila



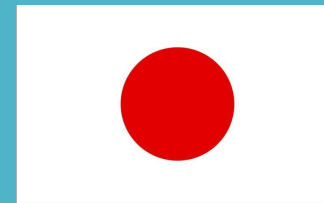
Miss Martin



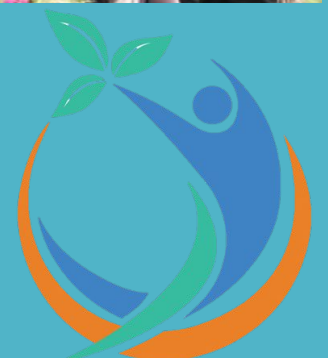
Ms van Gurp

Student Tasting session:

Class	Time	Where
Lower Juniors	1pm - 1:15pm	Conservatory
Year 6	1:20 - 1:35pm	
Year 7	1:40pm - 1:55pm	
Year 8	2pm - 2:20pm	
Year 9	2:25 - 2:40pm	
Year 10	2:45 - 3pm	
Year 11	3pm - 3:15pm	



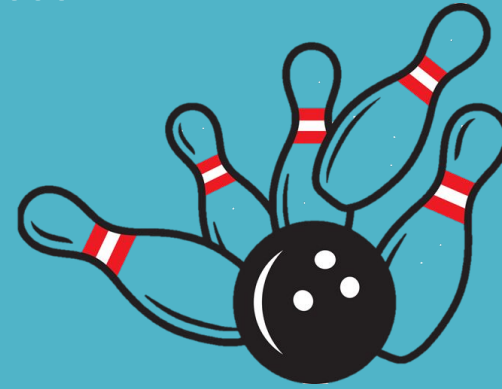
Wash hands



Focus: Physical Health

Friday

Ten Pin Bowling PE Trip - 10am - 1:30pm
Year 10 with Mr Morton & Mr Booker
Where: Namco - Bowthorpe



Swimming - 1pm - 2:30pm
Juniors & Year 7
Victory Centre



Focus: Physical Health

What's on during Lunchtime ?

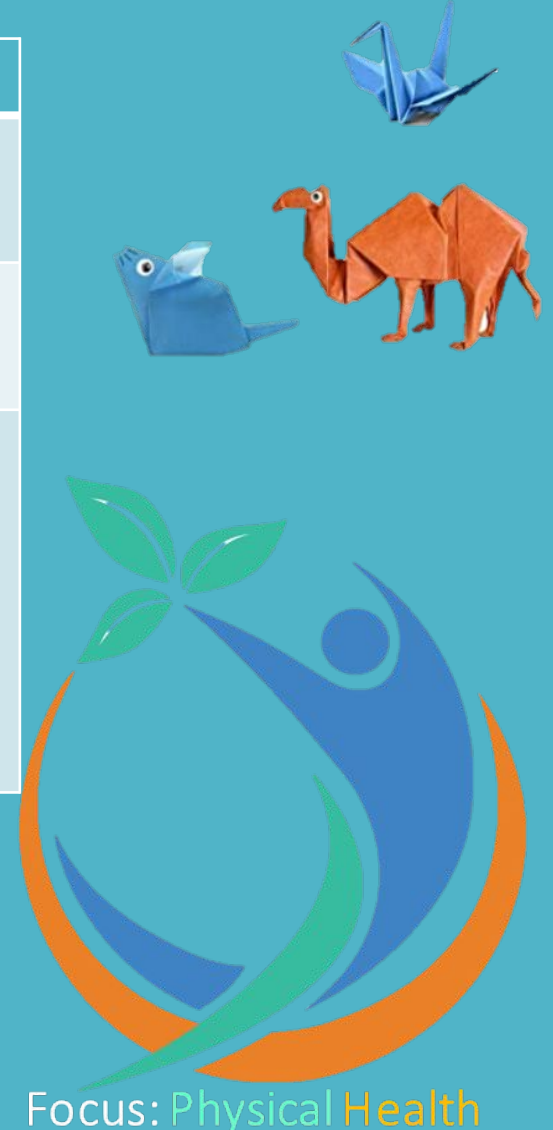


Activity	When	Class
*Arts & Crafts <i>with Mrs Urry, Mrs Smith</i>	Wednesday School Hall	Year 9, 10, 11
*Bracelet making <i>with Mrs Montgomery</i>	Thursday School Hall	Juniors
<i>(Times given daily)</i>	Friday School Hall	Year 7 & 8



Bring your lunch.... :)

Mr Morton's PE clubs will still run during the week alongside the above activities



Focus: Physical Health



Have a great week
everyone

