

**Walk Your Way to Wellbeing**

**Celebrating DiVeRSiTy**

**Healthy Eating, Healthy Living**

**Fun Day**

			
<p>8.00-8.30</p> <p><b>Free</b> breakfast in the Canteen, Start Your Day the Right Way</p> 	<p>8.00-8.30</p> <p><b>Free</b> breakfast in the Canteen, Start Your Day the Right Way</p> 	<p>8.00-8.30</p> <p><b>Free</b> breakfast in the Canteen, Start Your Day the Right Way</p> 	<p>8.00-8.30</p> <p><b>Free</b> breakfast in the Canteen, Start Your Day the Right Way</p> 
<p>8.40 - 9.40</p> <p><b>1<sup>st</sup> Year – Wellbeing Walkway and a Cup of PositivITEA - Ms O'Donnell</b> 1<sup>st</sup> year teachers will accompany their class on their Wellbeing walkway and enjoy a cup of positivity afterwards in the canteen</p>	<p>8.40 - 9.40</p> 	<p>8.40 - 9.40</p> <p><b>3rd Year – Wellbeing Walkway and a Cup of PositivITEA – Ms Hopkins</b> 3rd yr teachers will accompany their class on their Wellbeing walkway and enjoy a cup of positivity afterwards in the canteen.</p>	<p>8.40 - 9.40</p> <p><b>INTERNATIONAL WOMEN'S DAY</b> 25 5th Year students to attend the Inspiring Women event in Google headquarters. <b>6th Year Dance Event – Ms Zara Gill, Hall</b> Physical Activity – 20x20:20 squats &amp; Video</p>
<p>9.40 - 10.40</p> <p><b>6<sup>th</sup> Year – Wellbeing Walkway and a Cup of PositivITEA - Ms O'Donnell</b> 6th year teachers will accompany their class on their Wellbeing walkway and enjoy a cup of positivity afterwards in the canteen.</p>	<p>9.40 - 10.40</p> 	<p>9.40 - 10.40</p> 	<p>9.40 - 10.40</p> <p><b>8 MARCH</b> 5th Year Dance Event – Ms Zara Gill, Hall Physical Activity – 20x20:20 jumping Jacks &amp; Video</p>
<p>10.40 - 11.00 BREAK</p> <p>Pop Up Station - GPA</p> 	<p>10.40 - 11.00 BREAK</p> <p>Pop Up Station - GPA</p> 	<p>10.40 - 11.00 BREAK</p> <p>Pop Up Station - GPA</p> 	<p>10.40 - 11.00 BREAK</p> <p>Rainbow Colour Day – fundraiser for two charities on the theme of Inclusion Pop Up Station - GPA</p> 
<p>11.00 – 11.10</p> 	<p>TUTOR TIME</p> <p><b>Whole School Art Mural Activity</b></p> 	<p>11.00 – 11.10</p> 	<p>11.00 – 11.10</p> 
<p>11.10 - 12.10</p> <p><b>3<sup>rd</sup> year Inside Out workshop in GPA.</b> Teachers will accompany their class group to the GPA and supervise.</p> 	<p>11.20 - 12.20</p> <p><b>2<sup>nd</sup>yr – Wellbeing Walkway and a Cup of PositivITEA – Ms Browne</b> 2<sup>nd</sup>yr teachers will accompany their class on their Wellbeing walkway and enjoy a cup of positivity afterwards in the canteen</p> 	<p>11.10 - 12.10</p> <p><b>5th Year – Wellbeing Walkway and a Cup of PositivITEA</b> 5th yr teachers will accompany their class on their Wellbeing walkway and enjoy a cup of positivity afterwards in the canteen.</p> 	<p>11.10 - 12.10</p> <p><b>TY – Wellbeing Walkway and a Cup of PositivITEA – Ms Browne</b> TY teachers will accompany their class on their Wellbeing walkway and enjoy a cup of positivity afterwards in the canteen. Physical Activity - 20x20:20 Lunges &amp; Video</p>
<p>12.10 - 13.10</p> <p>The Bee Project: Showcasing 1st year gardening project within the school grounds. Raising awareness for the importance of bees and their wellbeing</p>	<p>12.20 - 13.10</p> <p>The Bee Project: Showcasing 1st year gardening project within the school grounds. Raising awareness for the importance of bees and their wellbeing</p>	<p>12.10 - 13.10</p> <p><b>HEALTHY LIVING</b></p> 	<p>12.10 - 13.10</p> <p>Physical Activity - 20x20:20 Triceps &amp; Video</p>
<p>13.10 – 13.45 LUNCH TIME</p> <p>Mindful Colouring Workshop in G5/G6. Interclass Competition-Physical Activity–hall/pitch/courts Piano Music in GPA Wellbeing games and Activities -GPA Pop Up Station</p> 	<p>13.10 – 14.55 EXTENDED LUNCH TIME</p> <p>Interclass Competition –Physical Activity -hall,pitch,courts Wellbeing presentations at the Learning Hub – Study Hall Wellbeing Games and Activities – GPA Dream Catcher Workshop –G5/G6 Mind Your Selfie Station - GPA</p> 	<p>13.10 – 13.45 LUNCH TIME</p> <p>Cookery Demonstrations – G23, G24, G25 Yoga Workshop – Sacred Space Interclass Competition– Physical Activity-Hall/Courts/Pitch Friendship Bracelet Workshop – G5, G6</p>	
<p>13.45 – 15.45</p> <p><b>Whole School Wellbeing Event</b> This years theme is “Actively Inclusive”</p>		<p>Life is better with friends :)</p> 	

All students wear their FULL SCHOOL TRACKSUIT every day this week. On Tuesday and Friday, students replace their white PE t-shirt with a t-shirt colour representing their Year Group.

**1<sup>st</sup> years, 2<sup>nd</sup> years, 3<sup>rd</sup> years, TYs, 5<sup>th</sup> years, 6<sup>th</sup> years**

SPHE classes are to be focused on **Friendship, Coping Mechanisms, Internet Safety, Making Decisions and Resilience.**

**#CBWELLBEING**

