

# MENTAL HEALTH WEEK

8 – 14 February 2020

*Please read the notice carefully to see what activities you will be involved with during the week.*

DAY	TIME	EVENT	LOCATION	PUPILS
SATURDAY	8:55 a.m.	Launch of MHW	Chapel	ALL
MONDAY	8:45-9:30	Talk from <b>Jigsaw</b> (The National Centre for Youth Mental Health)	Whispering House	Form II Set C Form II Set B N. Kutner to W. Xu <ul style="list-style-type: none"> <li>Set A and remainder of Set B go to usual Maths class.</li> <li>If your Maths teacher is <u>Mr McDonald</u>, please join <u>Ms Robinson's set in WHITE</u>.</li> </ul>
	9:30-10:15	Talk from <b>Jigsaw</b> (The National Centre for Youth Mental Health)	Whispering House	Form II Set A Form II Set B: C. Berman to E. Hart <ul style="list-style-type: none"> <li>Remainder of Set B go to English with <u>Mr Canning in BARTON</u>.</li> <li>Set C go to usual Geography class.</li> </ul>
	10:30-11:00	<b>Poundfit</b> <i>Change into games clothes (tracksuit bottoms or leggings please, NO shorts) at 10:15 a.m.</i>	BSR	Form V
	11:00-11:30	<b>Poundfit</b> <i>Change into games clothes after Chapel (tracksuit bottoms or leggings please, NO shorts). Followed by break/shower time until 12:10</i>	BSR	Form VI
	11:00-12:00	Workshop with <b>Courageous Kids: Developing Healthy Friendships</b> <i>Followed by Break until 12:10</i>	Whispering House	Form I
	11:30-12:00	<b>Poundfit</b> <i>Change into games clothes (tracksuit bottoms or leggings please, NO shorts) at Break. Afterwards: shower and change back into uniform before Lunch</i>	BSR	Form III
	6:30-7:15 p.m.	<b>Yoga</b>	BSR	Limited to 18 pupils from VI & V Sign-up sheet in the Buttery Passage
	7:30-8:15 p.m.	<b>Yoga</b>	BSR	Limited to 18 pupils from VI & V Sign-up sheet in the Buttery Passage

DAY	TIME	EVENT	LOCATION	PUPILS
TUESDAY	Lesson 3	DEAB <i>Drop Everything and Breathe</i>	Classrooms	ALL
WEDNESDAY	6:30 – 7:10 a.m.	Early morning walk		Limited to <b>30</b> pupils. Preference given to pupils in <b>V &amp; VI</b> . <b>Sign-up sheet in the Buttery Passage</b>
	8:20 a.m.	Music	Chapel	ALL
	1:30 – 1:50 p.m.	Mindful breathing	Chapel	Anyone who wants to
THURSDAY	8:45 – 9:30	Talk from Tom Tate: <i>The Transition from school to university</i>	Whispering House	Form VI
	9:30 – 10:15	Talk from Tom Tate: <i>The Transition from school to university</i>	Whispering House	Form V
	9:30-11:00	Play: <i>The Value of Life</i> by Humourfit	BSR	I & III
	11:30-1:00	Play: <i>The Value of Life</i> by Humourfit	BSR	II
	1:30 – 1:50 p.m.	Mindful breathing	Chapel	Anyone who wants to
	8:00 – 9:30 p.m.	Table quiz ( <i>in Sports Day teams</i> )  <i>Please wear your team colour!</i>	BSR	FORMS V, III, II, I (FORM VI either sign up for a quiz team or study in the Library)
	Evening	Screen-free time		Challenge yourselves to talk to real people!
FRIDAY		Late Rising	Bed!	ALL
	After Chapel	Lollipops	Chapel	ALL
	8:30 a.m.	Parents' Association walk		Parents
ALL WEEK		Chapel		ALL
		SPHE lessons: safer internet week activities		
		Display of books with themes around mental health in the Library		
		MHW playlist on Spotify		