

# Wellbeing Week

Monday 8<sup>th</sup> April – Friday 12<sup>th</sup> April

	1 <sup>st</sup> Year Mile Run Mornings	2 <sup>nd</sup> Year Mile Run Mornings	3 <sup>rd</sup> Year Mile Run Mornings	4 <sup>th</sup> Year Mile Run Mornings	5 <sup>th</sup> Year Mile Run Mornings	6 <sup>th</sup> Year Mile Run Mornings
<b>Mon</b>	<ul style="list-style-type: none"> <li>➤ Jigsaw (Mental Health)</li> <li>➤ Cyber Safety Workshop</li> <li>➤ Special Events in PE</li> <li>➤ BFF – Bands for Fun &amp; Friends</li> </ul>	<ul style="list-style-type: none"> <li>➤ Jigsaw (Mental Health)</li> <li>➤ Art Workshop</li> <li>➤ Special Events in PE</li> <li>➤ BFF – Bands for Fun &amp; Friends</li> </ul>	<ul style="list-style-type: none"> <li>➤ Jigsaw (Mental Health)</li> <li>➤ Special Events in PE</li> </ul>	<ul style="list-style-type: none"> <li>➤ Jigsaw (Mental Health)</li> <li>➤ Wheelchair Rugby</li> </ul>	<ul style="list-style-type: none"> <li>➤ Jigsaw (Mental Health)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Jigsaw (Mental Health)</li> </ul>
<b>Tues</b>	<ul style="list-style-type: none"> <li>➤ Special Events in PE</li> <li>➤ Cyber Safety Workshop</li> </ul>	<ul style="list-style-type: none"> <li>➤ Healthy Eating</li> </ul>	<ul style="list-style-type: none"> <li>➤ BFF – Bands for Fun &amp; Friends</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bodywhys Lecture</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>CPR4</b> Schools</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>CPR4</b> Schools</li> </ul>
<b>Wed</b>	<ul style="list-style-type: none"> <li>➤ Healthy Eating</li> <li>➤ DSPCA Dog Walk</li> </ul>		<ul style="list-style-type: none"> <li>➤ Special Events in PE</li> </ul>			
<b>Thurs</b> <b><u>FRIENDSHIP DAY</u></b>  <i>Staff Walk2Work</i> <i>Staff Breakfast</i>	<ul style="list-style-type: none"> <li>➤ <b>KARAOKE</b></li> <li>➤ Whole School Quiz</li> <li>➤ Friendship Bracelets</li> <li>➤ Speed Chatting</li> <li>➤ Cyber Safety Workshop</li> <li>➤ Tea &amp; Chats</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>KARAOKE</b></li> <li>➤ Whole School Quiz</li> <li>➤ Friendship Bracelets</li> <li>➤ Meditation</li> <li>➤ Copper Coin Crawl</li> <li>➤ Tea &amp; Chats</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>KARAOKE</b></li> <li>➤ Whole School Quiz</li> <li>➤ Friendship Bracelets</li> <li>➤ Tea &amp; Chats</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>KARAOKE</b></li> <li>➤ Whole School Quiz</li> <li>➤ Stella O'Malley Talk</li> <li>➤ Friendship Bracelets</li> <li>➤ Tea &amp; Chats</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>KARAOKE</b></li> <li>➤ Whole School Quiz</li> <li>➤ Stella O'Malley Talk</li> <li>➤ Friendship Bracelets</li> <li>➤ Tea &amp; Chats</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>KARAOKE</b></li> <li>➤ Whole School Quiz</li> <li>➤ Meditation</li> <li>➤ Friendship Bracelets</li> <li>➤ Tea &amp; Chats</li> </ul>
<b>Fri</b>  <i>Staff Swim @40FT</i>	<ul style="list-style-type: none"> <li>➤ Dodgeball Tournament</li> <li>➤ Cyber Safety Workshop</li> </ul>	<ul style="list-style-type: none"> <li>➤ Monica Rowe Workshop</li> </ul>	<ul style="list-style-type: none"> <li>➤ Food Flicker Healthy Eating</li> <li>➤ Inner City Homeless Charity Event</li> </ul>	<ul style="list-style-type: none"> <li>➤ Sponsored Walk</li> </ul>	<ul style="list-style-type: none"> <li>➤ Nutrition Lecture by Gavin Rackard</li> <li>➤ BFF – Bands for Fun &amp; Friends</li> </ul>	<ul style="list-style-type: none"> <li>➤ Nutrition Lecture by Gavin Rackard</li> <li>➤ BFF – Bands for Fun &amp; Friends</li> </ul>