

Health+WELLBEING WEEK



<p>Monday 7th December <u>Give and work together</u> Help others, even in small ways</p>	<p>Active Tuesday 8th December <u>Get Active!!</u> Move around to aid mood</p>	<p>Wednesday <u>Connect together</u> Make contact, talk and have fun</p>	<p>Thursday <u>Keep Learning</u> Develop and try new skills</p>	<p>Friday <u>Take notice</u> Look around you, explore mindfulness "Comfy "Feel Good Friday"</p>
<p>All Classes will be participating in a Mini Marathon Challenge this week.</p>				
<p>Small Acts of Kindness Being kind to yourself Compliment cards A Special Gift Kindness Tree Fill a cup with Kindness Year 1+2 need to bring PE Kit for Interactive fitness with are AFC Coaches. Year 3-6 Need to bring PE Kit for the MSSP Tri-Golf Competition. Every class will be participating in Tri-Golf, scores will be recorded and submitted to Merton.</p>	<p>Go Noodle Challenges Finding your balance Active Tuesday Every 30 minutes the bell goes off and pupils need to get up and do 1 minutes of exercise. Aim Higher Dance Academy Workshop Years 1,2 and 6 Please bring PE Kit</p>	<p>Mindfulness Challenges How many positives 12 days of positivity Aim Higher Dance Academy Workshop Reception, Years 1 and 3. Please bring PE Kit In PE Lessons this week and next week children will learn Archery in all years with Mrs Pearce.</p>	<p>Mindfulness Art Challenge children to learn a new skill or sport, or make something wonderful, and foster confidence and a sense of pride. Aim Higher Dance Academy Workshop Nursery, Years 5 and Year 4 Please bring PE Kit</p>	<p>All students and staff can come to school in comfy clothing. Star of the Day Certificate Mindful walking Year 2 and 6 need Comfy PE kit/Trainers but everyone else be just comfy.</p>

