

Monday

FIVE WAYS TO WELLBEING



Term 2 2023/24

Name of club	Location	Who For	Start time	Finish Time	Staff Lead	Wellbeing focus
Journaling Club	C4 (week A only)	All year groups	1.50pm	2.15pm	Mrs Morgan	Take Notice
KS4 Fitness	Fitness Gym	Year 10 & 11	1.35pm	2.15pm	Mr Farr	Be active
My Music	MU2 & Practice Rooms	Any students having instrument/voice lessons or studying 'My Music' topic in class.	1.45pm	2.15pm	Miss Wyndow	Keep Learning & Connect
Chess and Maths Puzzles	MA4	All year groups	1.35 pm	2.15 pm	Mrs Barley	Keep Learning & Connect
Diner Club	DT4	Invite only	1.35 pm	2.20pm	Mrs Winbow	Connect
Quotes Club	Mr Sweet's room	Year 11	11.15 am	11.30 am	Mr Sweet	Keep Learning
Homework Club	IT2	All year groups	3.25pm	4.25 pm	Miss Trowell	Keep Learning
BTEC Revision Club	IT3	Year 11	1.35PM	2.20 pm	Miss V Lewis	Keep Learning
Friendship Games Club	MFL1	Year 7	1.35PM	2.05 pm	Miss Heath	Connect

Tuesday



Term 2 2023/24

Name of club	Location	Who For	Start time	Finish Time	Staff Lead	Wellbeing focus
Y10 Trampolining (wkB)	Sports hall	All years – sign up	3.30 pm	4.30 pm	Dr Emerson	Be Active
Quotes Club	Mr Sweet's room	Year 11	11.15 am	11.30 am	Mr Sweet	Keep Learning
KS4 Fitness	Fitness Gym	Years 10 & 11	3.30pm	4.30 pm	Mr Farr	Be Active
KS4 Football	School Fields	Years 10 & 11	3.30pm	4.30 pm	Mr Mills	Be Active
Y8/Y9 Netball	Netball Courts	Years 8 & 9	3.30pm	4.30pm	Mrs Sharp	Be Active
Y10/Y11 Netball	Netball Courts	Years 10 & 11	3.30pm	4.30 pm	Mrs Oakley	Be Active
KS3 Badminton	Sports Hall	Years 7,8 & 9	1.35pm	2.15 pm	Mrs Oakley	Be Active
Maths revision and homework	MA5 / IT3	All	1.45 pm	2.15 pm	Mrs Kinsey	Keep Learning
Y10/11 Book Club	Library	Years 10 & 11	1.40pm	2.20 pm	Miss Trowell	Connect
DT Coursework Club	DT1	Year 11	1.35 pm	2.20 pm	Mrs Cropley	Keep Learning
DT Coursework Club	DT1	Year 11	3.25pm	4.15pm	Mrs Cropley	Keep Learning
Craft Club	Library	All	1.35pm	2.20 pm	Mrs Winbow	Take Notice & Connect
Meditation and Breath Work	AR2	All	2pm	2.12pm	Mrs R Lewis	Take Notice
Meditation and Breath Work	AR2	All	11.15am	11.30am	Mrs R Lewis	Take Notice
Friendship Games Club	MFL1	Year 7	1.35PM	2.05 pm	Miss Heath	Connect
Year 9 Art Club (speak to Mr Davies)	AR1	Year 9	3.25pm	4.40pm	Mr C Davies	Give & Keep Learning

Wednesday

FIVE WAYS TO WELLBEING



Term 2 2023/24

Name of club	Location	Who For	Start time	Finish Time	Staff Lead	Wellbeing focus
Trampolining (wkA)	Sports hall	All sign up	3.30pm	4.30pm	Dr Emerson	Be Active
Quotes Club	Mr Sweet's room	Year 11	11.15 am	11.30 am	Mr Sweet	Keep Learning
Debating club	C6	All	1.35pm	2.15pm	Mrs Eveleigh	Connect & Keep Learning
KS4 Fitness	Fitness Gym	Year 10 & 11	1.35pm	2.15pm	Mr Farr	Be Active
Y7 Netball	Netball Courts	Year 7	3.30pm	4.30pm	Mrs Oakley	Be Active
KS4 Basketball	Sports Hall	Year 10 & 11	1.35pm	2.15pm	Mr Mills	Be Active
Rugby Club	Sports Fields	Years 8 & 9	3.30pm	4.30pm	Mr Farr	Be Active
Christmas Choir	MU1	All Year Groups	1.45pm	2.15pm	Miss Wyndow	Connect
Cross-Country Running	Meet in Sc4	All Year Groups	3-40pm	4-30pm	Mr Barker	Be Active
Quotes Club	Mr Sweet's	Year 11	11.15am	11.30am	Mr Sweet	Keep Learning
Meditation and Breath Work	AR2	All	2pm	2.12pm	Mrs R Lewis	Take Notice
Duke of Edinburgh	Various	Year 10	3.30pm	4.30pm	Mrs Sharp	Connect, Give, Be Active, Keep Learning
Sports Leaders	Sports Hall	Yr 7-10	1.35pm	2.15pm	Mrs Sharp	Be Active
Friendship Games Club	MFL1	Year 7	1.35PM	2.05 pm	Miss Heath	Connect
Film Ensemble	MU1	Open to all instrumentalists from all year groups.	3.30pm	4.20pm	Miss Wyndow	Connect & Keep Learning

Thursday

FIVE WAYS TO WELLBEING



Term 2 2023/24

Name of club	Location	Who for	Start time	Finish Time	Staff Lead	Wellbeing focus
KS4 Fitness	Fitness Gym	Year 10 & 11	1.35pm	2.15 pm	Mr Farr	Be Active
Quotes Club	Mr Sweet's room	Year 11	11.15 am	11.30 am	Mr Sweet	Keep Learning
KS4 Fitness	Fitness Gym	Year 10 & 11	3.30pm	4.30 pm	Mr Farr	Be Active
KS4 Badminton	Sports Hall	Year 10 & 11	1.35pm	2.15 pm	Mrs Sharp	Be Active
KS3 Football	School Fields	Years 7, 8 & 9	3.30pm	4.30 pm	Mrs Sharp	Be Active
Rugby	School Field	Year 7	3.30pm	4.30pm	Mr Farr	Be Active
Computer Coding	IT	All	1.35pm	2.15 pm	Mr Duke	Keep Learning
Y7/8 News Club	Library	Years 8 & 9	1.45pm	2.20 pm	Miss Trowell	Keep Learning & Connect
Homework Club	IT2	All	3.25pm	4.25 pm	Miss Trowell	Keep Learning
Science Sparks	SC6	Years 7 & 8	1.35pm	2.10 pm	Mr Radcliff	Keep Learning
Art Coursework Catch up	AR1	Year 11	3.25pm	4.40pm	Mr Davies	Keep Learning
Gardening/Nature Club	Library	All	1.35pm	2.20 pm	Mrs Gill	Take Notice
Friendship Games Club	MFL1	Year 7	1.35PM	2.05 pm	Miss Heath	Connect
Craft Club	Library	All	1.35pm	2.20 pm	Mrs Winbow	Take Notice & Connect

Friday

FIVE WAYS TO WELLBEING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

Term 2 2023/24

Name of club	Location	Who For	Start time	Finish Time	Staff Lead	Wellbeing Focus
Termly Lunchtime Concert	MU1	Open to all. Look out for sign-up sheets.	1.45pm	2.15pm	Miss Wyndow	Keep Learning & Connect
Quotes Club	Mr Sweet's	Year 11	11.15am	11.30am	Mr Sweet	Keep Learning
Quotes Club	Mr Sweets	Year 11	3.30pm	4.00pm	Mr Sweet	Keep Learning
Meditation and Breath Work (Week B)	AR2	All	11.15am	11.30am	Mrs R Lewis	Take Notice
Meditation and Breath Work (Week B)	AR2	All	2pm	2.12pm	Mrs R Lewis	Take Notice