

# Monday

## FIVE WAYS TO WELLBEING



Term 3&4 2025/26

Name of club	Location	Who For	Start time	Finish Time	Staff Lead	Wellbeing focus
Quotes Club	Mr Sweet's office	Year 11	11.15	11.30	GS	Keep Learning
Maths homework club	IT3 (Maths corridor)	All years	1.35	2.15	CKi	Keep Learning
Year 7 Board Games Friendship Club	ML1	Year 7	1.35	2.05	JH	Connect
Bite Back Champions	H2	Year 7	1.45	2.15	SN	Give
After School						
Homework Club	IT2	All	3.30	4.25	MW	Keep Learning

# Tuesday

## FIVE WAYS TO WELLBEING



Term 3&4 2025/26

Name of club	Location	Who For	Start time	Finish Time	Staff Lead	Wellbeing focus
Badminton	Sports Hall	Year 10 & 11	1.35	2.15	VO	Be Active
Craft Club	Library	All	1.40	2.15	AW	Connect
SWR House Band	Mu1	Speak with Mr Hood	1:35	2:25	LH	Keep Learning
Year 7 Board Games Friendship Club	ML1	Year 7	1.35	2.05	JH	Connect
<b>After School</b>						
Bronze Duke of Edinburgh Award	IT2	Year 11	3:30	4:30	RSH	Be Active
Trampolining	Sports Hall	Year 7-11 (Sign up)	3.30	4.30	VO	Be Active
GCSE DT Coursework Club	DT1	Y11	3:30	4:15	KC	Keep Learning
Spanish GCSE Year 11 Speaking exam practice. One-on-one sign up.	MFL2	Y11	3.30	4	EHB	Keep Learning
Fitness	Fitness Suite	Year 10 & 11	1.35	2.15	JF	Be Active

# Wednesday

## FIVE WAYS TO WELLBEING



Term 3&4 2025/26

Name of club	Location	Who For	Start time	Finish Time	Staff Lead	Wellbeing focus
Morning Maths & Toast	MA4	Year 11	8.25am	8.50am	KA	Keep Learning
Fitness	Fitness Suite	Year 10 7 11	1.35	2.15	JF	Be Active
PGL Netball	Courts	Year 7 – 11 (2nd half term)	3.30	4.30	VO	Be Active
Diner Club	DT Food	Invite only	1.35	2.15	AW	Keep Learning
Quotes Club	Mr Sweet's office	Year 11	11.15	11.30	GS	Keep Learning
Debating Club	Library	All Years	1.40	2.15	CE	Connect
Year 7 Board Games Friendship club	ML1	Year 7	1.35	2.05	JH	Connect
<b>After School</b>						
Homework Club	IT2	All	3.30	4.25	MW	Keep Learning
Wellbeing Wednesday, Yoga and relaxation	AR2	All	3.30	4.30	RHL	

# Thursday

## 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 3&4 2025/26

Name of club	Location	Who for	Start time	Finish Time	Staff Lead	Wellbeing focus
Craft Club	Library	All	1.40	2.15	AW	Connect
Book Group	Library	KS3	1.45	2.15	LM	Connect
Science Confidence Club	SC4	Year 10 and 11	1.45	2.15	KT	Connect/Keep learning
Year 7 Board Games Friendship Club	ML1	Year 7	1.35	2.05	JH	Connect
<b>After School</b>						
Girls Football	Meet on field	All girls	3:30	4:30	RSH	Be Active
Boy's Football	Field	All Years	3.30	4.30	JF/DMi	Be Active
Girl's Netball	Sports Hall	Year 8 7 9	3.30	4.30	Corinne Martin	Be Active

# Friday

## FIVE WAYS TO WELLBEING



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BE THERE,  
FEEL CONNECTED



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your presence



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MOVE YOUR MOOD

Term 3&4 2025/26

Name of club	Location	Who For	Start time	Finish Time	Staff Lead	Wellbeing Focus
Fitness	Fitness Suite	Year 10 & 11	1.35	2.15	JF	Be Active
Quotes Club	Mr Sweet's office	Year 11	11.15	11.30	GS	Keep Learning
Choir	Mu2	All	1:45	2:15	LH	Keep Learning
Badminton	Sports Hall	Year 7-9	1:35	2:15	RSH	Be Active