

Monday

FIVE WAYS TO WELLBEING



Term 5 & 6 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
Relaxation and meditation	AR2 / OUTSIDE	ANYONE	2.00	2.20	RHL	Connect
After School						
Homework Club	IT2	All	3.30	4.25	MW	Keep Learning

Tuesday

FIVE WAYS TO WELLBEING



Term 5 & 6 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
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
GCSE DT Exam Revision (Tuesday 5th May onwards)	DT1	Year 11	1:35	2:15	KC	Keep Learning
After School						
Bronze Duke of Edinburgh Award	IT2	Year 11	3:30	4:30	RSH	Be Active
Rounders	Field	Year 7 & 8	3.30	4.30	VO	Be Active
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
GCSE Y11 Geography Revision WEEK A	H4	Y11	3:35	4:30	RW	Keep Learning

Wednesday

FIVE WAYS TO WELLBEING



Term 5 & 6 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
Athletics	Fields	Year 7 – 10	3.30	4.30	VO/JF	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
After School						
Homework Club	IT2	All	3.30	4.25	MW	Keep Learning

Thursday

FIVE WAYS TO WELLBEING



Term 5 & 6 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
GCSE Food Exam Revision (Thursday 5th May onwards)	DT3	Year 11	1.35	2.15	CTJ	Keep Learning
After School						
Rounders	Fields	Year 9 & 10	3.30	4.30	RSh	Be Active
GCSE Y11 Geography Revision WEEK B	H3	11	3:35	4:30	ADO	Keep Learning

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

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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
Bite Back	MFL1	Year 7	1.45	2.15	SN	Give
Make Your Own Clothing	DT Food Room	All	1:40	2:20	Mr Jackson	Keep Learning, Connect