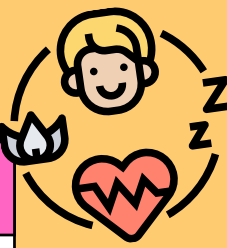




OBCS Wellbeing Week Schedule: 4th -8th Oct



Monday

- 'Your Wellbeing Matters' video for the whole school.
- Senior girls fitness class.

Tuesday

- Mindful moment for everyone during P1.

Wednesday

- No homework for the whole school
- Self- Care workshop for 5th years
- '5 Ways to Wellbeing' video for the whole school

Thursday

- 'Its time to start talking' - workshop for 1st years
- 'How do you look after your wellbeing' video for the whole school

Friday

- Friday Treat
- Non-Uniform day in aid of Jigsaw: colourful clothes

Saturday

- TY & Staff 5km Tymon Park Run

Week Long

- Photography competition all week: check your year group team
- Wellbeing topics in SPHE, Wellbeing Class and SCRE
- Senior girls fitness classes on Monday
- Daily Wellbeing Challenge