






Methlick School Health and Wellbeing Timetable – Week 1

				
Monday	Mrs Fraser's Assembly	Water 5 a Day ALL WEEK	Mrs Lusher's Game Zone	Plan learning for the week from the new grid
Tuesday	Health Hero Surprise Special Guest			
Wednesday		Create a healthy energy providing snack	Mrs Lusher's Game Zone Mr Mutch v Mr Reid playlist	Think about my progress with my learning this week
Thursday	Health Hero Surprise Special Guest			
Friday	PSA's – Mindfulness Ideas		Mrs Lusher's Game Zone	Write about what I am good at, would like to do next