

STAFF ACTIVITIES

ALL ABOUT
WELLBEING



Please let any of the Staff Wellbeing committee know if you have any suggestions for other wellbeing/ social activities

Mondays



Tuesdays

Swimming - 3.45-4.30pm

Beginner Spanish - 4-5pm, F31
Sign up via WASP

Wednesdays



Thursdays

Run Club - 3.45pm
Meet in the PE Dept

Fridays

Swimming - 7.30-8.30am

Positivi-tea - interval S10

Book Club - lunch F37, last working Friday of the month

OTHER

Two after school hillwalks per term, details of dates will be shared on Teams by Alex Norcott.

Meditation and Braething sessions - see Lynsey Ritchie in Pupil Support