

Children's Mental Health Week (3rd- 7th February 2025)

	09:00- 10:30 am	10:45 - 12:15/12:30	1:15- 3:00pm
Monday	<u>Primary 1 (Gymhall) 9:15- 9:45 am</u> Fitness with Mrs Burns <u>Primary 2 (Gymhall) 9:45 - 10:15 am (Fiona to cover R1)</u> Fitness with Mrs Burns	<u>Primary 3 (Gymhall) 11:00- 11:30 am (Fiona to cover R1)</u> Fitness with Mrs Burns <u>Primary 2 (Room 2) 11:30- 12:00 pm</u> Miss Mack's Mindfulness Workshop	<u>Primary 2 (Room 3) 1:15- 1:45 pm</u> Miss Mack's Mindfulness Workshop <u>Primary 4 (R5) (Gymhall) - Yoga (Alanna Burns) 1:45- 2:15 pm</u> Body movement, de stressing and breathing techniques. <u>Primary 4 (R6) (Gymhall) - Yoga (Alanna Burns) 2:15- 2:45 pm</u> Body movement, de stressing and breathing techniques.
Tuesday	<u>Primary 1 - Dining Hall 9:15 -09:45 am</u> Therapets Session <u>Primary 2 - Dining Hall 09:45-10:15 am</u> Therapets Session <u>Room 8 (09:30- 10:30 am)</u> Hepburn's Heartwarming Bakes! Bake off with Mr Hepburn- Create some delicious treats that are good for the soul. <u>Room 9 (Classroom) 9:00- 10:30 am</u> SAMH Workshop (Managing my wellbeing)	<u>Primary 3 - Dining Hall 11:00-11:30 am</u> Therapets <u>Room 7 (11:00- 12:00 pm)</u> Hepburn's Heartwarming Bakes! Bake off with Mr Hepburn- Create some delicious treats that are good for the soul. <u>Room 10 (Classroom) 10:45-12:30 am</u> SAMH Workshop (Managing my wellbeing)	<u>Primary 5 (R8) (Gymhall) - Yoga (Alanna Burns) 1:45- 2:15 pm</u> Body movement, de stressing and breathing techniques. <u>Primary 5 (R7) (Gymhall) - Yoga (Alanna Burns) 2:15- 2:45 pm</u> Body movement, de stressing and breathing techniques. <u>Room 11 (Classroom) 1:30- 3:00pm</u> SAMH Workshop (Managing my wellbeing)
Wednesday	<u>Primary 4- Room 6 (09:30- 10:30 am)</u> Hepburn's Heartwarming Bakes! Bake off with Mr Hepburn- Create some delicious treats that are good for the soul. <u>Primary 5 (Gymhall) 09:30- 10:30 am</u> Happy Place Music Workshop (45 minutes) <i>Saint Phnx Band</i>	<u>Primary 4- Room 5 (11:00- 12:00 pm)</u> Hepburn's Heartwarming Bakes! Bake off with Mr Hepburn- Create some delicious treats that are good for the soul. <u>Room 9 (Gymhall) - Yoga (Alanna Burns) 12:00 - 12:30 pm</u> Body movement, de stressing and breathing techniques.	<u>Room 10 (Gymhall) - Yoga (Alanna Burns) 1:45- 2:15 pm</u> Body movement, de stressing and breathing techniques. <u>Room 11 (Gymhall) - Yoga (Alanna Burns) 2:15- 2:45 pm</u> Body movement, de stressing and breathing techniques.
Thursday	<u>Room 1a, 1 & 2 (Dining Hall) 9:30-10:30 am</u> Story session with Audrey from the library. Books linked to feelings, friendships and wellbeing. <u>Primary 6 - 9:30-10:30 am (Classroom R9) Universal Connections</u> (Socialising to Support Mental Wellbeing) <u>Primary 4&5 Kindness Workshop (Virtual) 9:30- 11:30 am</u> Importance of kindness, the science of kindness and the impact it has on our mental health. Presentations, activities and discussions (a break will also be included in this time). Please see Fiona for the agenda and link!	<u>Primary 3 (Room 4) 11:00- 11:30 am</u> Miss Mack's Mindfulness Workshop <u>Primary 3 (Room 4a) 11:30- 12:00 am</u> Miss Mack's Mindfulness Workshop <u>Primary 7- 11:00- 12:00 pm (Classroom-R11) Universal Connections</u> (Socialising to Support Mental Wellbeing)	<u>Room 3, 4 and 4a (1:30-2:30 am) Dining Hall</u> Story session with Audrey from the library. Books linked to feelings, friendships and wellbeing. <u>Primary 6 (Gymhall) 1:30- 2:00 pm (Fiona to cover R1a)</u> Fitness with Mrs McCormack <u>Primary 7 (Gymhall) 2:00 - 2:30 pm (Fiona to cover R1a)</u> Fitness with Mrs McCormack
Friday	Assembly	<u>Primary 4 (Gymhall) 11:00- 11:30 pm (Fiona to cover R4a)</u> Fitness with Mrs Kinnear <u>Primary 5 (Gymhall) 11:30 -12:00 pm (Fiona to cover R4a)</u> Fitness with Mrs Kinnear <u>Primary 7 (Classroom) 11:00- 11:40 am Kooth Charity</u> Feelings around transition to high school and using their support platform (Chromebooks) <u>Primary 6 (Classroom) 11:40-12:10 pm Kooth Charity</u> Discussing mental health and their support platform (Chromebooks)	<u>Skills Workshops (P5-7) 1:15-2:00 pm</u> <u>Golden Time</u>