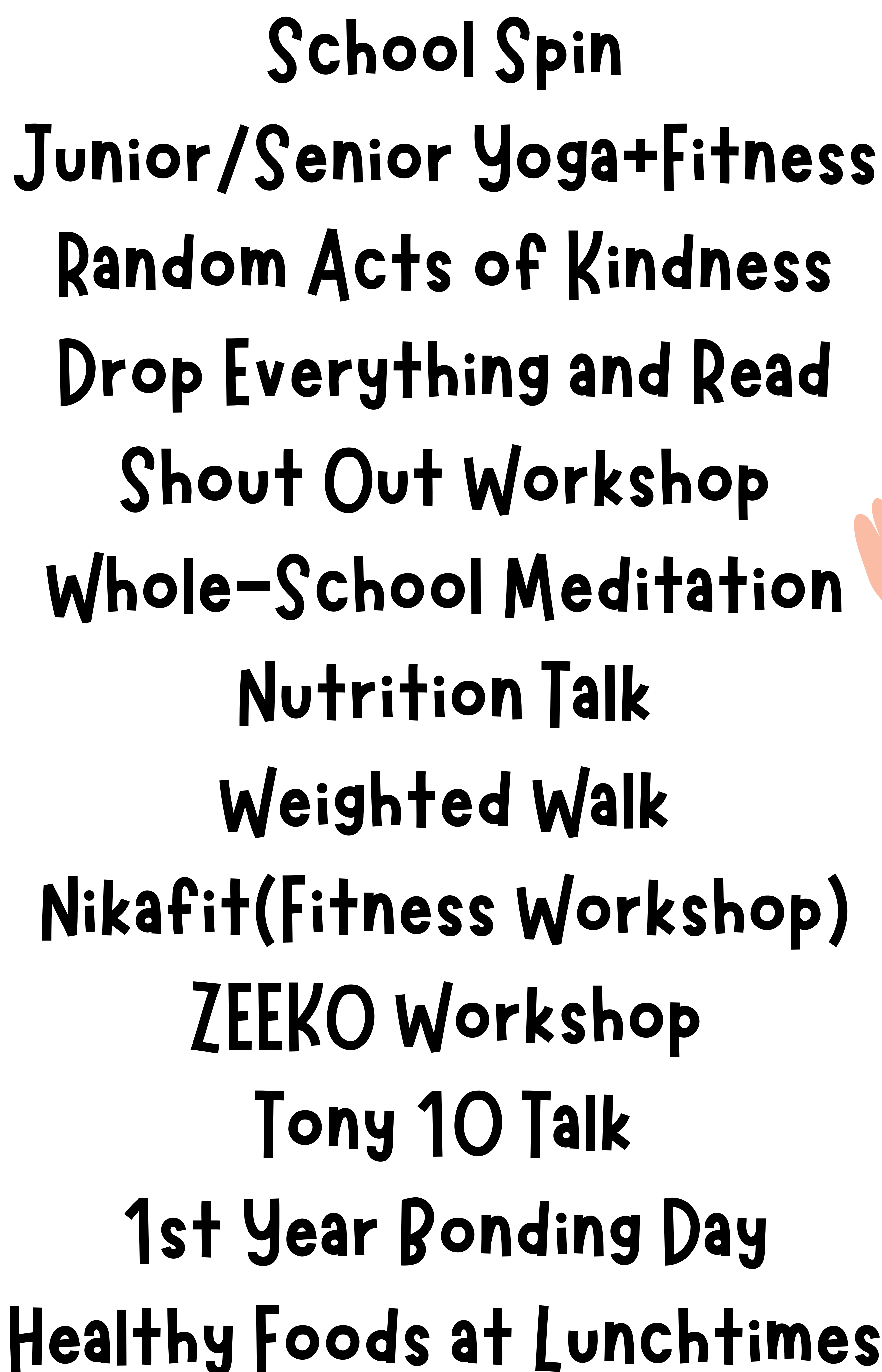


A yellow sun with rays, containing the text "16TH- 20TH OCTOBER".

16TH- 20TH  
OCTOBER

# Wellbeing Week

## ACTIVITIES

A list of activities for Wellbeing Week, including School Spin, Junior/Senior Yoga+Fitness, Random Acts of Kindness, Drop Everything and Read, Shout Out Workshop, Whole-School Meditation, Nutrition Talk, Weighted Walk, Nikafit(Fitness Workshop), ZEEKO Workshop, Tony 10 Talk, 1st Year Bonding Day, and Healthy Foods at Lunchtimes.

School Spin  
Junior/Senior Yoga+Fitness  
Random Acts of Kindness  
Drop Everything and Read  
Shout Out Workshop  
Whole-School Meditation  
Nutrition Talk  
Weighted Walk  
Nikafit(Fitness Workshop)  
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