

YOUNG CARERS & STUDENT/STAFF WELL- BEING MJ	LUNCHTIME	PM REG
MONDAY		AWESOME GROUP
TUESDAY		MAGICAL MEDITATION (Week A) STAFF Mindful Meditation CPD nutshell (Week A after school) YEAR 11 MEDITATION and wellbeing drop in (Week B) Year 10 access this through Life Skills but could attend if they needed more support
WEDNESDAY	MJ OUT	
THURSDAY		SIXTH FORM Well- being THURS Wk. A) SIXTH FORM drop in THURS Wk. B)
FRIDAY	MEDITATION (Week B) All Students	YOUNG CARERS MJ