

Wellness Week Timetable- parents

| Tuesday 8 May | Wednesday 9 May | Thursday 10 May | Friday 11 May |
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| | | <p>8:-8:20 WAKE UP Fitness Fun!</p> <p>Please join Mrs Whatman with your children for a twenty minute WAKE UP aerobics session in the Sports Hall to get you all ready for the day! No booking required.</p> | |
| <p>Wellbeing Assembly – Sarah Griffiths, Head of Wellbeing, Caterham School (parents welcome).</p> | | <p>8:30 - 9:15am Open pool</p> <p><i>Please come and have a look at the new swimming pool. No booking necessary.</i></p> | <p>8:30 - 9:15am Open pool</p> <p><i>Please come and have a look at the new swimming pool. No booking necessary.</i></p> |
| <p>9-10am - The Positive Impact of Wellbeing, Sarah Griffiths, Head of Wellbeing, Caterham School</p> <p><i>Please join us for a brilliant (and inspiring) introduction and understanding of why wellbeing is so important for us all. Parents can join us for assembly and stay for the main part of the lecture. No booking necessary.</i></p> | <p>8:30 – 9:30am Circuit Training for all abilities with Brooke Ribbens.</p> <p><i>Join Brooke and other Mums and Dads for an energetic session on the astro turf. This session runs every Wednesday, term time only. This week it is half price (£5 pay on the day).</i></p> | <p>8:30 – 9:30am Yoga with Krista</p> <p><i>More detail to follow. No booking necessary.</i></p> | <p>08:30-09:30am Uberfit</p> <p><i>Join other Mums and Dads for this fun fitness session on the astro turf. £10 pay on the day, no booking necessary.</i></p> |
| <p>2:30-3:30pm Tennis Coaching with Adam</p> <p><i>More details to follow. Tennis Courts.</i></p> | <p>2:30-3:30pm Mental Health in Young People – a lecture by the Charlie Waller Memorial Trust</p> <p><i>More details to follow. Theatre.</i></p> | <p>2:45pm Nicola Thompson Running the Marathon for Breast Cancer Care</p> | <p>9am – 1:30pm British Red Cross paediatric first aid training for parents.</p> <p>This session is a practical workshop running over 4.5 hours. Lunch will be provided. It costs £25 per person and there are only 15 spaces available. Please book here https://rosehillschool.wufoo.eu/forms/r1hv00uy0lbophv/</p> |
| <p>2-4 pm NSPCC Parents workshop</p> <p><i>More info to follow.</i></p> | | <p>3-4pm Pilates Class</p> <p>Brooke Ribbens Venue?</p> | <p>2-3:30pm Healthy Eating for all the family (TBC)</p> <p><i>Please join Claire Davidson to explore xxx. If you would like to attend please email so that we can manage numbers</i> clare.rowton@rosehillschool.co.uk</p> |
| | | <p>7:30pm Embrace: one woman's journey to inspire everyBODY!</p> <p><i>Please join us at the screening of this inspiring film. Taryn Brumfitt, Founder of the Body Image Movement uncovers why poor body image has become a global epidemic and what women everywhere can do to have a brighter future. Tickets are £5 and include a glass of prosecco. Buy tickets through, please don't delay as we are selling them externally as well.</i></p> <p>https://www.eventbrite.com/e/embrace-one-womens-journey-to-inspire-everybody-tickets-44222463579</p> | |

Please also tag your diaries for **Tuesday 15 May at 7pm** when we will be joined by Tracy Sinclair a very celebrated Coach. As well as working in the corporate environments Tracy regularly consults in schools, teaching coaching, non-verbal intelligence and communication skills to teachers, students and parents alike. Tracy will be delivering a lecture on **Advanced Parenting Skills using Non-Verbal Intelligence**. There is no need to book, the lecture will be held in the Theatre. <https://www.tracysinclair.com/>