

Wellness Week Timetable- parents

Tuesday 8 May	Wednesday 9 May	Thursday 10 May	Friday 11 May
<p>8:00 Prayer Meeting</p> <p>An informal group of Christian parents from the school. We meet once per half term in the library to pray for the staff, children and activities at school. All are very welcome to join us. Please also feel free to pass on a message (through the school office), in confidence, if there is anything you would like us to pray for. Please sign in at Reception.</p>	<p>8:30 – 9:30am Circuit Training for all abilities with Brooke Ribbens.</p> <p>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). Please let Brooke know you are coming brookeribbens@icloud.com</p>	<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>8:30 - 9:15am Open pool</p> <p>Please come and have a look at the new swimming pool. No booking necessary.</p>
<p>8:40 Wellbeing Assembly – Sarah Griffiths, Head of Wellbeing, Caterham School (parents welcome). Please sign in at Reception.</p>		<p>8:30 - 9:15am Open pool</p> <p>Please come and have a look at the new swimming pool. No booking necessary.</p>	
<p>9-10am - The Positive Impact of Wellbeing, Sarah Griffiths, Head of Wellbeing, Caterham School</p> <p>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. Please sign in at Reception.</p>		<p>8:30 – 9:30am Yoga with Krista</p> <p>Set yourself up for the day with a free yoga session (all abilities welcome). Krista is a very experienced practitioner. No booking necessary, please come to the sports hall.</p> <p>NEW TIME 12:00-1:00 Mindfulness Session</p> <p>For the last two years, Rose Hill has been delivering the 10-week Misp (Mindfulness in Schools Programme) to Year 6. This Taster session promises to give you an insight into just what Mindfulness is and how it has the potential to enhance focus and attainment. Please sign in at Reception. 7M</p>	<p>08:30-09:30am Uberfit</p> <p>Join other Mums and Dads for this fun fitness session on the astro turf. £10 pay on the day, first session free. Please let Brooke know you are coming brookeribbens@icloud.com</p>
<p>2:30-3:30pm Tennis Coaching with Adam</p> <p>Adam has been coaching all abilities for over 20 years. No need to bring a racket, no booking necessary. Please sign in at Reception.</p>	<p>2:15-3:15pm Emotional Wellbeing in the Prep School setting, Jenny Langley from the Charlie Waller Memorial Trust</p> <p>The Charlie Waller Memorial Trust works to raise awareness about emotional/mental wellbeing. This work includes working with staff, parents and pupils to provide a greater understanding of young children and emotional issues to help create a supportive and calm culture around mental health issues within schools. Please sign in at Reception. Theatre.</p>	<p>NEW TIME 1:30 – 2:00 Nicola Thompson Running the Marathon for Breast Cancer Care</p> <p>Please join Nicola to hear about her inspiring journey to overcome breast cancer and then train for the London Marathon, raising funds for Breast Cancer Care along the way. Please register at Reception and come to the library.</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. Please sign in at Reception https://rosehillschool.wufoo.eu/forms/r1hv00uy0lbophv/</p>
<p>2-3 pm NSPCC Parents workshop</p> <p>The hour-long workshop will help parents, carers and other adults understand their child’s online world, build confidence to have those important conversations that can help keep children safe online and help you know where to go for help and advice. Please sign in at Reception. https://rosehillschool.wufoo.com/forms/r1dp4cl91o5rzqg/</p>	<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/</p>	<p>3-4pm Pilates Class</p> <p>Brooke Ribbens is qualified with the Physical Mind Institute New York and works for Sandrine’s Pilates and SPN (formerly Popcycle). All abilities welcome. Free but please let Brooke know you are coming brookeribbens@icloud.com Meet at the Sports Hall.</p> <p>7:30pm Embrace: one woman’s journey to inspire everyBODY!</p> <p>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. Please sign in at Reception https://www.eventbrite.com/e/embrace-one-womens-journey-to-inspire-everybody-tickets-44222463579</p>	<p>2.15-3:15pm “Toddlers to teenagers and me, what should we eat?”</p> <p>Please join Claire Davidson to explore the tricky subject of feeding the whole family. Please register with clare.rowton@rosehillschool.co.uk Please register at Reception.</p>