

Wellness Week Timetable- parents

Tuesday 7 May	Wednesday 8 May	Thursday 9 May	Friday 10 May
<p>8:00-8:20am 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 - 9:30 am Parent Coffee Morning</p> <p>We are introducing a half termly coffee morning for parents to socialise after drop off. Please come along for coffee and cake in the dining room. No booking required.</p>
<p>8:30-9:15am Yoga with Hapi-Fitness, spreading the benefit of yoga.</p> <p>Enjoy a morning stretch with Hannah from Hapi-Fitness Yoga. A class for all abilities, register here</p>	<p>9:00-10:00am Singing for Wellbeing!</p> <p>The connection between singing and wellbeing is well documented. Please join Mrs Harrod for a wellbeing singing session, please register here</p>	<p>9:00-9:45am Green Connections, Wellbeing and our Relationship with the Natural World.</p> <p>Please join garden designer Nick Wood to understand how the natural world can positively effect our wellbeing. Please register here.</p>	
<p>9:15-10:00am Wellness HQ – the six pillars of Wellness</p> <p>Please join us for an inspiring session with the newly launched Tunbridge Wells based Wellness HQ.</p> <p>Wellness HQ will hosting sessions during the week on their six pillars of wellbeing: social; emotional; physical; occupational; environmental and; spiritual wellbeing.</p> <p>Please register here</p>	<p>10:00-11:00am Yoga with Donna from Red Yoga.</p> <p>Enjoy some time out from your day with Donna from Red Yoga. A class for all abilities, please register here.</p>		<p>09:30-10:30am Mindfulness</p> <p>For the last three years we have been delivering the 10 week Misp (Mindfulness in Schools Programme) to Year 6. We have introduced the Paws.B course to Year 2. This taster session is designed to give you insight into what Mindfulness is and how it can enhance focus and attainment. Please register here.</p>
<p>10:00 – 11:00am How to help manage exam stress</p> <p>Please join us for a session with Claire Archbold a trained counsellor and psychotherapist on how to help your child manage exam stress. She will be running a session with Year 5 & Yrs 7&8 during the day. Please register here.</p>		<p>2:00-4:00pm Tennis Coaching with Adam Shalaby</p> <p>Come along for a free coaching session with Adam who has been coaching all abilities for 20 years, no need to bring a racket. No booking required.</p>	<p>10am – midday Paediatric First Aid training</p> <p>This session is a practical workshop running over 2 hours. It costs £15 per person and there are 15 spaces available. Please book here</p>
	<p>3:00-3:45pm Keeping your child safe online</p> <p>Please join Mrs Scarbrough our e-safety lead for a session that will look at how to understand your child's online world, how to have important conversations on staying safe online and where to go to for advice.</p> <p>Please register here.</p>	<p>3:00-4:00pm Emotional Wellbeing in a 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 register here.</p>	<p>3:15-4:00pm Happy, healthy families - getting the nutritional balance right, Claire Davidson</p> <p>Please join Nutritionist Claire Davidson to explore the tricky subject of feeding the whole family. Please register here</p>
<p>7:00pm - 8:00 pm "Inspiring Confidence in every individual"</p> <p>Please join us for a very inspiring talk from James Shone. I Can and I Am is a charity founded three years ago by the ex teacher. The presentation focuses on how to inflate self belief and includes sharing James's inspiring story on how he overcame a life changing illness. To read more about I Can and I am http://icanandiam.com/</p> <p>Please register here.</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. https://bodyimagemovement.com/embrace/about-the-film/ Tickets are £5 and include a glass of prosecco.</p> <p>Please register here.</p>	