

For Students

	Mon 5 Feb 2024	Tue 6 Feb 2024	Wed 7 Feb 2024	Thu 8 Feb 2024	Fri 9 Feb 2024
First Break	<ul style="list-style-type: none">Year 7 to Year 10 Just Dance (Gym)	<ul style="list-style-type: none">Year 10 CMHW Assembly (Main Hall)Your Inner Voice activities (LRC)	<ul style="list-style-type: none">Year 12/13 CMHW Assembly (Main Hall)Your Inner Voice activities (LRC)	<ul style="list-style-type: none">Year 11 CMHW Assembly (Main Hall)Year 12/13 Breathwork coaching (Gym)The Big Sing with Samba Band (CD3)	
Second Break	<ul style="list-style-type: none">Year 7 to Year 10 Just Dance (Gym)	<ul style="list-style-type: none">Year 8 CMHW Assembly (Main Hall)KS4 Breathwork coaching (CD2)Your Inner Voice activities (LRC)	<ul style="list-style-type: none">Year 9 CMHW Assembly (Main Hall)Year 7&8 Breathwork coaching (CD2)Your Inner Voice activities (LRC)	<ul style="list-style-type: none">Year 9 Breathwork coaching (M6)The Big Sing with Samba Band (CD3)	<ul style="list-style-type: none">Year 7 CMHW Assembly (Main Hall)
Period 5			<ul style="list-style-type: none">Games & Chat at Beckfoot for care home residents (Main Hall) @ 2:15pm-3:45pm		
After School		<ul style="list-style-type: none">Creative Workshop on Stop Stigma competition (CA2)	<ul style="list-style-type: none">Creative Workshop on Stop Stigma competition (CA2)		

As well as (all week):

- Hear about the impact of Place2Be from the students who have benefitted.
- Take part in the ‘Your Voice Matters’ oracy competition running throughout the week in tutor time.
- Enter the ‘Stop the Stigma’ creativity competition to tackle stigma around mental ill health.