



**ONGOING ALL WEEK**

**Pop-up /drop in clubs:**

- Mindful journaling
- Form time activities
- Mindful colouring
- Gratitude sessions

**THE FESTIVAL OF  
WELLBEING**

**MONDAY 11 – FRIDAY 15 MARCH 2019**

## Monday 11 March

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### **Natasha Devon MBE**

Natasha is a writer and activist, promoting good mental health through her research areas of mental health, body image, gender and social equality. She has advised Parliament and the Education and Health Select Committees and not only works on *Where's Your Head At?* and the Mental Health Media Charter projects but also is a patron for the charity '*No Panic*'.

She is a certified Mental Health First Aid England instructor and in 2015 was awarded an MBE for her service to young people. Natasha writes for *The Guardian* and has a weekly column in *The Times Educational Supplement* and has written a number of books.

### **Social ideals, identity and mental health**

**Sixth Form – Period 2 – HALL**

### **How to deal with anxiety and stress**

**Year 10 – Period 3 – HALL**

**Year 11 – Periods 5 and 6 – HALL**

### **Parents Forum talk “Promoting Good Mental Health and High Self Esteem”. – 7.00pm – HALL**

## Tuesday 12 March

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### **Joe Hoare – Laughter Yoga**

Joe Hoare has been working in the field of developing human potential for over 25 years. He has been a Laughter Yoga specialist for over 15 years and runs the longest-running series of laughter yoga workshops outside India. His clients range from companies and organisations, to media, charities and the NHS, to the Glastonbury festival.

### **Martin Hewitt – Mindfulness**

Martin is a Wellbeing Coach and Mindfulness teacher.

### **Liz England – Dance**

Liz is a fully qualified teacher with the UK Alliance of Dance and believes that street dance not only improves fitness, strength, posture, balance and coordination but also enables us to feel more connected and encourages good social bonds.

### **Claire Bradley – Yoga**

Claire is a fully registered Yoga teacher with the Yoga Alliance Professionals and is passionate that yoga not only gives physical benefits but brings focus into the body.

### **Workshop carousel: Year 9 – Periods 1 and 2**

**1. Laughter yoga and self-care – STM1**

**2. Yoga – Octagon**

**3. Mindfulness – SFT1**

**4. Dance – Studio**

### **Cat Williams**

Cat Williams is a relationship counsellor, writer, TEDx speaker and expert for the media on emotional well-being, resilience and relationships. She is the author of '*Stay Calm and Content No Matter What Life Throws at You*'.

Cat works with individuals of all ages who are experiencing anxiety, stress, relationship issues, low self-esteem etc as well as speaking and delivering workshops in schools and work places around the country.

### **Talk: “Resilience & Emotional Well-being: minimising stress and maximising potential”**

**Year 8 – Period 5 – Studio**

## Wednesday 13 March

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### Happy Confident Kids

Laura Dumbleton-Jones and Nikki Emerton are experienced Master Neuro Linguistic Programming Practitioners (NLP), Clinical Hypnotherapists, Life coaches and Lightning Process Practitioners, offering an exceptional combination of experience and skills. Co-founders of Happy Confident Kids their workshops give children the tools to help manage and develop their own emotional wellbeing empowering them to be confident from within for life.

### Workshop Year 7 – Innovation Space

Period 2 – 7S

Period 5 – 7H

Period 3 – 7G

Period 6 – 7K

Period 4 – 7W

## Thursday 14 March

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### Neil Hughes

Neil is a comedian, writer, physicist and - most of all – a worrier. Putting all these things together, he wrote “Walking on Custard & the Meaning of Life”, a comedy guidebook for life with anxiety. His talk explaining the link between mental health and the physics of custard has been viewed nearly 200,000 times.

### Talk: **Walking on Custard & the Meaning of Life**

**Year 9 and Year 10 – Period 4 – Hall**

**(Sixth Form welcome as well)**

## Friday 15 March

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### Ex-Cathedra

Ex-Cathedra believes in the power of choral singing to change lives. They offer an extensive programme of award-winning schools and community projects delivered by a team of expert vocal tutors, who are all members of Ex-Cathedra. Alongside their concerts they deliver an extensive programme of education and participation projects, seeking to inspire and nurture a love of singing with the tens of thousands of people of all ages and capabilities that they reach every year – in schools, hospitals and community settings.

### Wellbeing through Music – Hall

**8.50-9.10 – Years 10, 11 and Sixth Form**

**9.15-11.00 – Years 7 and Year 8**

**11.20-12.00 – Year 9**

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*Students need education to include how to understand and look after their mental health – just like we learn how to look after our physical health.*

*By shifting the focus to preventing mental health problems and building resilience we can do so much to improve the lives of so many. Good well-being on leaving school has a much greater impact on life outcomes than exam success.*

**Sarah Brennan**

Chief Executive, YoungMinds

## External speakers



Natasha Devon



Joe Hoare



Martin Hewitt



Liz England



Claire Bradley



Cat Williams



Laura Dumbleton-Jones



Nikki Emerton



Neil Hughes



Ex-Cathedra

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