

FESTIVAL OF WELLBEING

2022

Wellbeing: the foundation on which everything else rests

Nothing is more important than our understanding of ourselves and our ability to take positive steps in maximising our own state of comfort, happiness and health. While we prioritise this all year round, during the Festival of Wellbeing, the community of King's High dedicates time to focus and reflect on our wellbeing and the strategies that we can all adopt to not just cope with the challenges of life, but to enjoy the life that we are living.

The concept of 'wellbeing' fundamentally asks us to consider our own wellness as a being. Do we provide ourselves with what we need to thrive, both physically and mentally? Do we enjoy and benefit from the habits with which we fill our lives? Do we take time to pause, reflect and care for ourselves properly amid the bustle of daily life?

Wellbeing isn't about feeling happy all the time. It isn't about never having a bad day or never feeling worried. We all experience these human feelings. Wellbeing is much more about a life-long journey in acquiring and developing skills and self-awareness to navigate life's ups, downs and in-betweens even when things feel challenging. Therefore, this year we are focusing on three key strands across our Festival of Wellbeing: information, mindfulness and fun... because life is better when you are learning, noticing and enjoying it.

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External agencies/speakers

- Kooth**
www.kooth.com
 Kooth is a digital mental health and wellbeing company working to provide a welcoming space for digital mental health care, available to all.
- Smoothie bikes**
www.outspokencycles.co.uk/events/smoothie-bike
 This activity is part of the Wellbeing Fair in the Quad – smoothie bikes available for Y11 and Y13 as priority.
- quietnote**
www.quiet-note.com/
 (sign up workshop with focus on how to use music and mindfulness to calm the mind).
- Self-Esteem Team**
www.selfesteemteam.org
 Visiting speakers to promote wellbeing through motivational talks. Body Image for Y8 and 9, Mental Health.
- SignSong**
www.fletchbsl.co.uk/signsong-performer
 A visiting speaker for Y7 who will be taught how to sign a song using British Sign Language. Fletch is one of the UK's leading deaf performers.
- Warwickshire Pride**
 Warwickshire Pride successfully facilitates further discussion and education around LGBT+ and Transsexual awareness. This session will see Dan Browne, the Chairman of Warwickshire Pride discuss wellbeing, language, inclusivity and allyship.

Sign-up lunchtime workshop options for students (these will be allocated to students randomly if over-subscribed)

- quietnote**
 This is a mindfulness through music session (musicianship is not required) led by Mr Crawford. Develop a deeper understanding around the practices of mindfulness and meditation using music as your guide.
- Vinyasa Yoga with Dr Galvin**
 A chance to revive, restore, and refocus with a vinyasa flow that focuses on aligning breath and movement.
- Mindful Meditation with Dr Seal**
 Learn and practise meditative techniques to use in everyday life.
- Mindful colouring with Miss Blackie**
 A chance to relax your mind with some mindful colouring.
- Parsnip Time**
 Parsnip time at lunchtime – the star of the school show!
- Managing Exam Stress workshop available to Ys 11 and 13**
 Learn and develop techniques to focus and calm the mind and body when managing exam stress.
- Gardening Time**
 Come and grow, dig, weed and plant to continue the abundant crops and plants in the school garden with Miss Gilbert.

Other extras

- Wellbeing Fair in the Quad**
 Including a book swap; wellbeing information stations; cake sale; play-station; bubbles; pebble painting; crystals; the smoothie bikes and more...
- Ice cream van on site on Friday lunchtimes**
- Form time focus on movement, mindfulness and wellbeing activities**

Week B	Tuesday 3 May	Wednesday 4 May	Thursday 5 May	Friday 6 May
Y7	Kooth assembly			
Y8	Kooth assembly			
Y9	Kooth assembly			
Y10	Kooth assembly			
Y11	Kooth assembly			Lunchtime: Smoothie bikes in Quad 12-3 Outspoken Cycles
Y12	Kooth assembly			
Y13	Kooth assembly			Lunchtime: Smoothie bikes in Quad 12-3 Outspoken Cycles
Lunchtime	Paperback picnic – Quad Gardening Time – The School Garden	quietnote L1 30mins (Y12-13) The White Studio quietnote L2 30mins (Y7-9) The White Studio Gardening Time – The School Garden	Exam stress workshop 1.10 (Y11 and Y13) – Landor Library Mindful Meditation L2 – Priory 1 Vinyasa Yoga L1 – The White studio Gardening Time – The School Garden	Ice cream van – 12.45-2.15 Parsnip Time L2 – Innovation Room Wellbeing Fair in the Quad (cake sale, book swap, reading station, music, play station, information tables...)

Week A	Monday 9 May	Tuesday 10 May	Wednesday 11 May	Thursday 12 May	Friday 13 May
Y7				P5 Signsong – King's Hall	
Y8	Self Esteem Team: Body image – P5 King's Hall				
Y9	Self Esteem Team: Body image – P5 King's Hall				
Y10	Self Esteem Team: Mental Health – P6 King's Hall				
Y11					
Y12	Self Esteem Team: Mental Health – P6 W/KH – King's Hall				
Lunchtime	quietnote L1 30mins (Y10-11) Priory 1 Mindful Meditation L1, Priory 4	Paperback picnic – The Quad Gardening Time – The School Garden	Exam stress workshop 1.10 (Y11 and Y13) Priory 1 Mindful Colouring – Ch2 Gardening Time – The School Garden	Warwickshire Pride talk 1.20 – Priory 1 Gardening Time – The School Garden	Parsnip Time L2 – Innovation Room Ice cream van – 12.45-2.15



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