



King's High School

FESTIVAL  
OF  
WELLBEING

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2023

## Wellbeing can broadly be defined as ‘the ability to thrive despite and within life’s challenges.’

At King’s High School, we prioritise not just one-off events that give a boost to our wellbeing and bring us joy; we also prioritise maintaining and developing a culture that promotes an environment in which we all can thrive. How we feel impacts everything, so understanding how to understand, take care of and support our own wellbeing enables us to know ourselves better; to treat ourselves and each other with compassion; and to set boundaries that protect and enable us to look after our physical and mental health. Our wellbeing influences what we do and how we do it, so why wouldn’t we create a culture to enrich our understanding of what we need to help us to feel happy, calm and peaceful?

Whilst we focus on this all year round and aim to facilitate our students and staff with the lifelong skills to keep thriving, the Festival of Wellbeing allows us to immerse ourselves in new and exciting experiences linking to the five key pillars of wellbeing. Through the focus of the fortnight, we give, we keep learning, we are active, we take notice, and we connect.

So come along and join in: try something interesting, learn a new skill, have some fun and in doing so, connect with both the heart of your wellbeing and our school community... you might just find that a small new discovery can have a massive impact on the one, invaluable life that you are living.

### Other things to get involved with in the Festival of Wellbeing:

- Ice cream van
- Wellbeing Fair in the Quad - smoothie bikes, wellbeing challenges, reading space, hula hooping, pebble painting, information stations and plenty more...
- Harpist in the Quad
- Wellbeing Walks to St Nicholas’ Park
- Let’s Connect – Just Dance, card games, giant Jenga, Twister and hot chocolate in the School Hall.

**Everyone welcome.**

### KEEP LEARNING AND CONNECT: VISITING EXTERNAL SPEAKERS:

#### SignSong with Fletch@

Thursday 11th May, P5 for Year 7  
[fletchbsl.co.uk/signsong-performer](http://fletchbsl.co.uk/signsong-performer)

Fletch@ works by translating the lyrics of songs and performing them in sign language. This emotive and captivating performance gives Deaf people access to the songs, whilst hearing people have the chance to experience the song both audibly, but more intensely, in a visual and powerful way.

#### Natasha Devon, MBE

Tuesday 9th May, P5 for Y10 and Y12, P6 for Y8 and Y9  
[natashadevon.com](http://natashadevon.com)

Natasha Devon MBE is a writer, presenter & activist. She tours schools, universities and events throughout the world, delivering talks as well as conducting research on mental health, body image, gender and equality. She campaigns both on and offline to make the world a fairer place.

Natasha is founder of the Mental Health Media Charter, which scrutinises the way the media report on mental health.

### GIVE: DONATE YOUR PRELOVED BOOKS

This year, we are supporting the charity Own Books:  
[ownbooks.co.uk/](http://ownbooks.co.uk/)

This is a wellbeing double-up. Reading is a great way to boost your wellbeing, offering calm, imagination and learning. Giving to others brings joy and helps us to feel valued.

This year we will be collecting pre-loved books by donation giving us all to share the gift of reading, be generous, and have a clear out! The collection will take place from 2nd – 12th May so spring clean your bookshelves for books suitable for children of school age and give the pleasure of reading to others. The donated books will be distributed to school age children around Warwickshire and the West Midlands without charge, lending fees or prejudice of circumstances.

“I really appreciate that there was such a range of events. It was wonderful for there to be so many options.”

STUDENT FROM THE  
2022 FESTIVAL

### BE ACTIVE, KEEP LEARNING, TAKE NOTICE, CONNECT: DESCRIPTIONS OF SIGN-UP EVENTS

(places allocated at random if over-subscribed):

#### Silent Disco

A chance to kickstart the Festival of Wellbeing in style by having fun, dancing and connecting through music with cool LED headphones. Come along and get moving; all ages welcome.

#### Meditation Sessions

“Meditation is an ancient practice and technique, proven to help reduce stress and tension, increase awareness, strengthen insight, bring clarity, release blocks and barriers and enhance our general health and well-being.”

We are joined by two highly skilled meditation practitioners to lead students and staff in breathwork, body scanning and grounding meditation, focusing on promoting feelings of self-compassion and feeling safe.

#### [gracecense.co.uk](http://gracecense.co.uk)

Linda Green – Meditation Practitioner/Reset Coach

#### [uniquebehaviour.co.uk](http://uniquebehaviour.co.uk)

Lauren Bond – a therapeutic coach specialising in trauma and empowering people to thrive.

#### Managing Exam Stress Workshop

with Jenny Critchlow  
[jennycritchlow.com](http://jennycritchlow.com)

A workshop focused on developing techniques to calm and focus the mind and body, particularly to navigate the exam season but with practises that can be implemented in all areas of life within and beyond school.

#### quietnote

[quiet-note.com](http://quiet-note.com)  
led by Will Crawford

Back by popular demand, this mindfulness through music session develops a deeper understanding of the power of music as a calming and meditative tool (no musicianship required).

#### Enrich Yoga

led by Nicola Burroughs

Join Nicola to step out of the bustle of the school day and relax both your body and mind into the experience of wellbeing that yoga uniquely provides.

#### How to Sleep

led by Mrs Knight  
An exploration of the value and methods for a peaceful sleep (with a chance to have a lie-down to rest!)

#### Find Your Joy

led by Mrs Jewell  
A vibrant wellbeing session to encourage you to find your joy- come along and try out a range of different activities to see what makes you laugh, grabs your attention or gives you the warm fuzzies!

#### Crafts and Creativity

Felt Badge Making: An opportunity to get your creativity flowing by creating a wearable pin – this could be your favourite food item/ song lyrics/ symbol of positivity or word that you are connected to.

#### Paws with Parsnip

Sign up to hang out with the school megastar that is Parsnip whilst creating some dog-themes crafting activities.

### STUDENT SCHEDULE OF DAILY OPTIONS

#### Tuesday 2 May

- Silent Disco – lunchtime in the Hall

#### Wednesday 3 May

- Meditation with Grace Sense (x2 sessions)
- Paws with Parsnip – crafting activities with Parsnip

#### Thursday 4 May

- quietnote
- Find Your Joy
- Yoga sessions with Enrich Yoga

#### Friday 5 May

- Let’s Connect – Just Dance, games, Jenga, Twister
- Ice Cream van

#### Tuesday 9 May

- Wellbeing Walk in St Nicholas’ Park
- Felt Badge Design and Creation
- Enrich Yoga Session

#### Wednesday 10 May

- Meditation with Grace Sense
- Paws with Parsnip: pup time and dog-themed crafting
- Managing Exam Stress Workshop – focus the mind and body with breathing and calming techniques with visiting practitioner, Jenny Critchlow

#### Thursday 11 May

- How to Sleep session
- Ice cream van
- Harpist playing the Quad at lunchtime

#### Friday 12 May

- Wellbeing Fair in the Quad



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King's High School  
Banbury Road  
Warwick CV34 6YE  
t: 01926 494485 e: [enquiries@kingshighwarwick.co.uk](mailto:enquiries@kingshighwarwick.co.uk)

**[kingshighwarwick.co.uk](http://kingshighwarwick.co.uk)**