



WELL-BEING WEEK

17 TO 21 JUNE

CONNECT – GET ACTIVE – BE MINDFUL

KEEP LEARNING – GIVE TO OTHERS

Challenge yourself to focus on your own personal well-being and that of those around you. There will be a number of events going on around the school, plus a focus on digital balance on Wednesday.

Please come along and sample or support as many of these events as possible. You may well find something that leads to a really positive change.

**Chill-out in the
Quarry Café**

Digital Balance

**House Ultimate
Frisbee, Volleyball
and fifa**

Yoga with music

Mindfulness

Boys' Bake-off

House Cooking

**Walk with dogs or go
for a run!**

**Storytelling & walk
the school art
collection**

FOCUS ON YOUR:

DIGITAL LIFE

HEALTHY EATING & FITNESS

MENTAL HEALTH

WELL-BEING WEEK

@ BEDFORD SCHOOL

TIMETABLE

■ Students and staff

■ Staff only

WELL-BEING WEEK	MORNING/TUTOR TIME/BREAK	LUNCHTIME	AFTER SCHOOL
MONDAY 17 JUNE	<p>Chapel silent reflection 8.00am-8.15am & morning prayer 8.15am-8.30am Tutor time – introduction to Wednesday’s digital balance Staff Bake-Off-short break (KCP)</p>	<p>Well-being Café Quarry Theatre, 12.50pm-1.40pm Yoga Quarry Garden (PE Kit) 1.00pm-1.40pm (TPR) Walk and talk the school art collection Art Department, 1.00pm (MCC) House Fifa competition Talbots, 1.00pm (CJB)</p>	<p>Staff Yoga Prep School Atrium or outside if sunny! 5.15pm to 6.15pm (FMK)</p>
TUESDAY 18 JUNE	<p>Chapel silent reflection: 8.00am to 8.15am & morning prayer: 8.15am to 8.30am Tutor Time – exam results</p>	<p>Join the staff dog walk from Burnaby Road, 1.00pm(JCL) Charity 5-a-side football competition Fourth/Remove teams & Lower Sixth teams (50p per person) Main field, 12.45pm</p>	<p>House Volleyball (Lower Sixth) 4pm (ALS) Staff Charity Concert 6.30pm, EMH – all welcome</p>
WEDNESDAY 19 JUNE Digital Balance Day Citizenship Morning	<p>Chapel silent reflection: 8.00am-8.15am & morning prayer: 8.15am-8.30am House Assembly (day boys)</p>	<p>Yoga Quarry Garden (PE Kit) 1.00-1.40pm (TPR) Well-being Café Quarry Theatre, 12.50-1.40pm House Fifa competition Talbots, 1.00pm (CJB) Chess Club 1-1.45pm(EWd)</p>	
THURSDAY 20 JUNE Mufti Day	<p>Chapel silent reflection: 8am-8.15am & Morning prayer: 8.15am-8.30am Tutor Time – 1 minute mindfulness Boys’ Bake-Off: leave your culinary creations in the Dining Halls before school (KCP)</p>	<p>House Ultimate Frisbee Main Field, 12.55pm (SGM) Charity Cake Sale at lunchtime on the field (SES) Lunchtime Concert (Remove Music GCSE) Recital Hall, 1.00pm Mindfulness: A21 1.10-1.40pm (TPR)</p>	<p>House Cooking Competition: 4.30pm Café Bar Staff Draw & Print Art Department 4.30-6.30pm (MCC/FMW)</p>
FRIDAY 21 JUNE Transition Day	<p>Chapel silent reflection 8.00am-8.15am & morning prayer: 8.15am-8.30am Tutor Time – review the week</p>	<p>Running Club: Bell Room - 12.50pm in PE kit – all abilities welcome (CMP) Story-telling Mr Hopton reading Winnie-the-Pooh. 1.00pm Mem Hall (NLH) House Fifa competition final 1pm in Talbots (CJB)</p>	<p>Annual Staff Tennis Competition (RKJ/AM)</p>