

Miss Wiggins is currently embarking on a Boot Camp challenge whereby she has to run 4 miles every 4 hours for 48 hours. As I mentioned to Year 5/6 in assembly on Monday, just running an initial 4 miles would be my goal, let alone 12 lots of 4 miles in 48 hours. Still it's important as Headteacher to be the bigger person and be as supportive as I can, so I've been sending Miss Wiggins some motivational posters to keep her going...

Have a good Weekend

Simon Billings





Online Activities



<u>1st to 26th February 2021 via Microsoft Teams</u> You can access Microsoft Teams via the internet or download the app

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Friday	Yoga Families	Lets get Arty Mixed Ages CYP			safe-in-essex
Thursday	Self-Care For You Parents	Boot camp Mixed ages CYP	One Community 13-19	staying Active Families	y.org.uk/east/services/
Wednesday	Staying Active Families	Strong Resilience and emotional wellbeing 13-19	Conflict resolution and managing anger 8-12	Families	please check out our website;
Tuesday	Self-Care For You Mixed ages CYP	Staying Safe in a Virtual World Mixed ages CYP	Strong Resilience and emotional wellbeing 8-12	Yoga Families	e check out our website
Monday	Mindfulness and Relaxation Families	Conflict resolution and managing anger 13-19	Creative Creations Mixed Ages CYP	Coping through Covid Families	To book your place, pleas
Time	<u>10 AM</u>	<u>12 PM</u>	<u>2 PM</u>	4 PM	Ĺ

Note: By booking a place, you are consent to share any interactions Video streaming their camera and use headphones participants, eg. Participants are required to use you use during during the cyp virtual session. session with giving your the online and audio content. other

Safe in Essex Advice Line 10am – 2pm: 07725 639571 (if unanswered, leave a message and someone will contact you)

or contact Essexreferrals@childrenssociety.org.uk