



# KING JAMES'S SCHOOL

## KNARESBOROUGH

21<sup>st</sup> June 2022

Dear Parent/Carer

### **Wellbeing Drop Down Day: Friday 15<sup>th</sup> July**

On Friday 15<sup>th</sup> July all students in Years 7, 8, 9, 10 and 12 will be off timetable for the whole day as part of a Wellbeing Drop Down Day.

This year at King James's we have been focusing on developing students understanding of what wellbeing is and how they can support their own wellbeing. Specifically, we have been developing each child's toolkit of strategies.

We have had discussions across the school about long and short-term wellbeing to give students the skills they need to navigate the challenges of their school years and into adult life.

This dedicated day will give students opportunities to learn about how movement as well as creativity and mindfulness can be powerful tools in supporting mental health and wellbeing. They will have a broad number of sessions to choose between with activities to suit the personalities and interests of all students.

As well as these sessions, students will have an assembly run by the NHS Wellbeing in Mind Team and opportunities in tutor groups to discuss and reflect on challenges and support strategies relevant to their age.

Students need to complete the attached form to select their activities for the day. They will need to follow this link: <https://forms.office.com/r/ek7TnajQ3p> and use their school email to log in and make their choices by Friday 24<sup>th</sup> June. Please encourage them to make informed decisions about what they would like to try – in the instances of over subscription it will be first come first served.

Yours sincerely

Gary Gordon  
Health and Wellbeing Coordinator

# Creativity and Mindfulness



<b>Dungeons and Dragons</b>	<p>Roll a D20 and choose to enter the chamber where a special edition of the iconic role playing board game is taking place. Your chance to create a character and take on unknown perils in a session created uniquely for King James's School!</p>
<b>Rock Painting</b>	<p>A simple rock. Add a design to it. A bespoke piece of art is born. Leave it somewhere in the community to be found and shared!</p>
<b>Making Bath Bombs</b>	<p>Take part in the kind of arms race where everybody wins: making bath bombs! Look forward to fizzy, colourful, scented explosions that bring a sizzle to your soak. Enjoyable and relaxing to make and use.</p>
<b>Mindfulness colouring</b>	<p>Colouring in is not just for kids. As well as being fun and relaxing, it's proven to improve hand-eye co-ordination, increase your attention span, and improve your well-being. Come and add colour to pre-drawn line art.</p>
<b>Painting Flowerpots</b>	<p>For those of you who enjoy gardening and crafts. Why not design and create a plant pot? Ideal gifts, your finished item will come complete with a growing guide on it, so you or even your least green-fingered friends and relatives can get involved in the joys of the plant process.</p>
<b>Code Breaking</b>	<p>This activity offers you the chance to work your way through a series of puzzles, channelling your inner Bletchley Park boffin to unwrap the riddles wrapped in mystery inside the enigmas. Get your brains in gear, crack the codes and win big prizes!</p>
<b>Building Rockets</b>	<p>This <i>is</i> rocket science. From design, to build, to launch, this activity will take you to infinity and beyond!</p>
<b>Singing</b>	<p>Express your inner greatest show person, with a session devoted to singing some of the most popular songs from the movies. Encanto, Frozen, Grease, High School Musical – and a 1, 2, 3, 4...</p>
<b>Engaging in Politics</b>	<p>How can you make a positive change in society? How can you help shape better communities? We all want to change the world: this thought-provoking session may inspire you to get involved and take action!</p>
<b>Creative Writing</b>	<p>Loose your anchor and let the boat of your creativity set sail. Explore the waters of the imagination, meander along its tributaries of poetry, prose, drama - wherever your inspiration takes you – upstream, downstream, out of the mainstream -...</p>

# Movement and Sports



<b>Dancercise</b>	Exercise to dance music! With upbeat music and danced based exercise – what could be more fun!?
<b>Capture the Flag</b>	Assemble a team and attempt to capture your opponent’s flag whilst defending your own!
<b>Yoga</b>	Bring harmony to mind and body and improve your posture, balance, and co-ordination.
<b>Orienteering</b>	Utilise maps and compasses to explore the great outdoors!
<b>Drama Games</b>	“Can we play games today?” The answer, for once, is yes!
<b>Football</b>	The beautiful (and most popular global) sport! Enjoy a kick about!
<b>Netball</b>	Join in the fast moving game – sprint and pivot to develop your fitness, strength, and co-ordination.
<b>Bench and Dodge Ball</b>	Dodge, duck, dip, dive and dodge (again) in these playground game classics!
<b>Fitness</b>	A chance to explore fitness and learn exercises you can take with you anywhere to make the gym anywhere you want!