



Health & wellbeing

Additional Activity Information for Students and Parents:

Trip Leader	Mrs Taylor, Mrs McCusker & Mrs Tomlinson
Activity	We will talk about healthy eating habits. How to maintain the wellbeing, some relaxation techniques. Yoga session and meditation are also part of the session.
Date	One full day – per allocation letter
Meet at:	8:40am Upper School Sports Hall Foyer
Finish:	3:25pm at Upper School
Equipment to bring	What will I need to do this activity? A yoga mat (if you have one but spares will be available to borrow) Wear comfortable sport clothing. Hair should be tied back and jewellery removed for yoga. You may also wish to bring a bottle of water.
Meal Arrangements	School canteen or packed lunch
PLEASE NOTE:	Do not bring anything valuable that could be lost or damaged as the school will not be held liable. You are required to take responsibility for all your own equipment and property.
<p>Please advise the Trip Leader in advance of the trip if you have any concerns of a medical, physical or dietary nature, which may impact or limit your child's capacity to participate in any aspect of this activity.</p>	

