

St John's CE Middle School

Wellbeing Afternoons



Reminder: The date of our next wellbeing afternoon is
Wednesday 10th February.

Monday 1st February
Issue 4

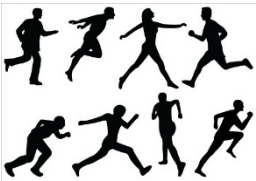
Exercise and Physical Activity



This week there will not be a live fitness or yoga session due to staff training. We would still like you to spend some of your afternoon doing some exercise. Next week we will continue with the live sessions and I really hope to see lots of you there. On the following pages there are also some puzzles for you to have a go at.

Choose two of these sessions to have a go at. Send me a message on Epraise or a photo to show me what you get up to. Mrs. Hine

Loughborough College athletics lesson



<https://www.youtube.com/watch?v=O8XvnrZNwv0&feature=youtu.be>

Loughborough College gymnastics lesson

<https://www.youtube.com/watch?v=8G4vX8C69Us&feature=youtu.be>

Yoga for Teens

<https://www.youtube.com/watch?v=7kgZnJqzNaU>



Yoga in the classroom/ small space

<https://www.youtube.com/watch?v=Td6zFtZPkJ4>



St John's Lockdown Reading Challenge!

Listen to an audiobook.	TAKE A PHOTO OF YOURSELF READING IN AN UNUSUAL SPOT.	Read a favourite book from your childhood.	<i>Write a book review about a book you have recently read</i>	Read aloud to a member of your family for at least fifteen minutes three times in a week.
Read a book set in a different time or place.	Read a book that was made into a film.	Take a book out on a walk with you and take a photo of it.	Read a new book, then write an alternative ending for it.	Read a book that is at least fifty years old.
Make a miniature book using just one piece of paper!	Host a virtual book club session with friends, so you can discuss books together.	<i>Try reading a book genre you have never read before</i>	Create a new character for a book and draw them.	Create a fact file about an author.

We would love to see photos of what you are reading, or anything you achieve from this challenge. If you complete every challenge on the sheet, please send evidence to kdevey@st-johns-bromsgrove.worcs.sch.uk. All children who complete all of the challenges will receive a prize!

Puzzle Challenges

Answers will be shared on next week's newsletter

5			4	6	7	3		9
9		3	8	1		4	2	7
1	7	4	2		3			
2	3	1	9	7	6	8	5	4
8	5	7	1	2	4		9	
4	9	6	3		8	1	7	2
				8	9	2	6	
7	8	2	6	4	1			5
	1					7		8

Sudoku - Easy

	5				3	7		
8	3	1	4	2	7			5
9	7	4		8	6	1	2	3
3	8	6	1	4		2	5	7
7		5						
	4	9	7		2	8	3	6
5				7	4		9	8
	9		3		1			2
2				9		3		1

Sudoku - Medium

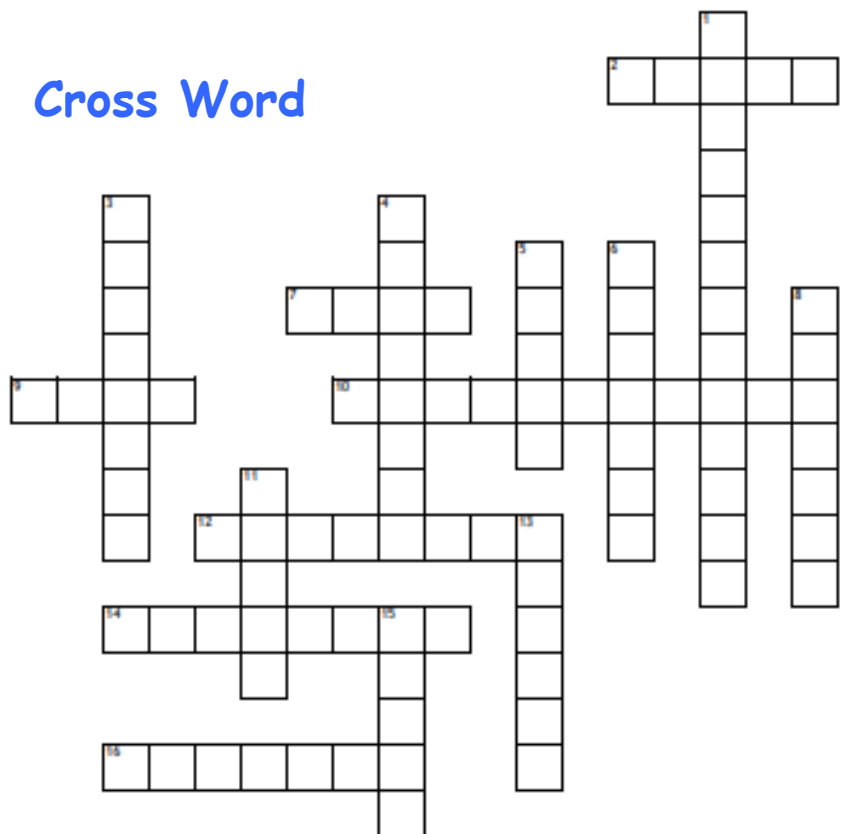
Down

1. You get energy from eating these
3. You need these for growth
4. Your body needs this to make Vitamin D
5. Between 70% and 80% of your body is this
6. Some people are allergic to this milk sugar found in dairy products
8. This mineral is needed to make strong bones and teeth
11. This is found in fruits and vegetables and helps digestion
13. Potatoes, bread, rice and pasta all contain this
15. You need plenty of this so you can stay alert and refresh your energy

Across

2. These are a good source of protein for vegetarians
7. Burgers, crisps, chocolate and fries are examples of this
9. This is the food that you eat
10. This fat is bad for your heart
12. This disease is caused by eating too much sugary foods
14. Taking the stairs instead of the lift is a good way to take this
16. This means keeping our bodies, mouth, hair and clothes clean

Cross Word



Healthy Living Wordsearch

T N C H Z B F A U O G N B A L A N C E D U F F H
X N D A A H W F K H A I F E N M E O N Y R U C B
H E I M L O T P Z C R E A M T Y A H P I T N E G
O R N F K O K E Q I O T T A V P O J E Y J R R N
W C L E H G R X R W N O Z X J R Z N U A W Z U I
P A H Q R T N I F U I R G E R G D Y Y Q H D S L
X R F T V G G I E E T P N Z G S I N J I X S I C
Z B X U T N Y N N S Y S R E H X Q Y B L E E E Y
W O Z L Y Z C I E I O H O I G K V A A L Z S L C
I H I Y M T U U P R A H P P U Y V R B U X O Q V
Q Y T P O K N X Y X T R J U F U X A C E D C B E
E D P L I L R R O D O S T Q V D T O S D A U Y M
T R H T J V E L G I S U G A R E E A S Y I L Y I
I A H C P T L A A A J N V T G S E K Z I R G L P
T T X L B Q A P Q B F W M E I S O I V Z Y I H B
E E N I R F X L R E L S V C I S S L U Q F F L K
P S H Y A N A P H T L I R D X P V W A E L E O A
P D T O G K T D S E D E A Z B F T F S L V L H V
A M L Z N R I X E S X I J F I A U T I P N K O O
P A A Y I J O P P E V L E T M N Y T U B J Q C R
B P E T G Q N V B I G V N T C L I D Z Y R V L L
K Y H J G L M P P E S E N S E L C S U M T E A C
O B Z E O O M H P F S S S E N I P P A H W E W G
R H I G J B I E T S Y B A L L L Y U U E E B K J

yoga vegetables training sugar strength sleep relaxation protein posture oxygen muscles lifestyle leisure jogging
health happiness glucose friendship fitness fibre fat exercise energy disease diet diabetes dairy cycling
carbohydrates calories balanced appetite alcohol

St John's CE Middle School Wellbeing Afternoons

Thank you so much to everyone who shared how they spent their Wellbeing afternoon. Housepoints have been awarded to everyone who sent in photos or reflections of their time. We'd love to see what you get up to again this week. Please email nhine@st-johns-bromsgrove.worcs.sch.uk or submit via your planner on Epraise.

Mindful Colouring and Art



Emelia Richings, 5CW



Molly, 7KLN



Holly, 6KD



Mindful Colouring and Art competition winner

Rhianna Dobson is this week's competition winner. We have your prize at school ready for your return to school.

Enjoying the snow



Abaan, 6WW



Jackson, 6WW



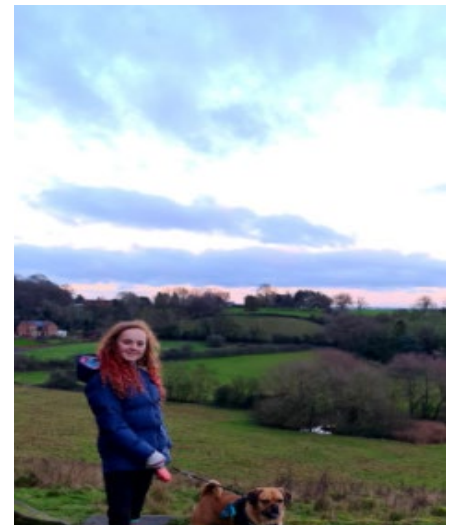
Impressive building by George!

RUBY PARKER	
Negative thoughts	Positive thoughts
I can't physically play with my friends.	I can play online with my friends.
I can't go to the cinema. Restaurants are not open so I can't go out for a meal.	I can have a movie night with snacks at home. Takeaways are still available.
I am not able to go on days out.	I am able to do lots of fun activities at home and go on nice walks.
I'm not able to learn at school.	We can learn on Zoom instead.

Ruby turned any negative thoughts into positive ones 😊



Lexi and Lottie with their horse.



Felicity enjoying some fresh air!