

Luckley HOUSE SCHOOL HOSTS A Wellbeing day

Wednesday 27 January
on ZOOM



A day for the entire Luckley family and extended community

Kindly sponsored by **Luckley**
HOUSE FRIENDS

PROGRAMME

09.00



ASSEMBLY

WAYNE DIXON

Luckley favourite Wayne is always entertaining and thought-provoking at the same time so prepare yourself for a retelling of a Bible Truth in a way you've probably never heard before!

09.30



SKIPPING MASTERCLASS

DAN THE SKIPPING MAN

Skipping is a fast, easy, effective and fun way to get some great exercise. Dan will be showing us how to get the best from your time with a skipping rope, plus a few tricks along the way!

10.00



RESILIENCE THROUGH OUTDOOR EDUCATION

HEIDI STRICKLAND-CLARK

Heidi will be giving us hints and tips on how to stay fit and healthy during lockdown

BREAK

11.00



DAILY ART CHALLENGE

KATIE BRIGGS

Creative endeavours lift your mood at times like these. Luckley alumna Katie offers some artistic prompts and tips to get you started.

<p>11.30</p>		<p>PILATES MASTERCLASS</p> <p>LISA HILL</p> <p>This session is aimed at parents and pupils new to Pilates who fancy giving it a go and to those more experienced who fancy a free class!</p>
<p>12.00</p>		<p>BODY IMAGE</p> <p>KATRINA MONK</p> <p>Body image specialist and Luckley alumna Katrina will be looking at how we can recognise the pressures faced by young people for what they really are, and will offer us a few ways of coping with them too.</p>
<p>12.30</p> <p>LUNCH</p>		<p>FOOD & NUTRITION</p> <p>JOANNE HART</p> <p>Nutritionist Joanne offers some great advice on how to stay healthy and what we can get away with in terms of 'treats'. Mr Vallance will then attempt to make one of her recipes in the Food Tech rooms.</p>
<p>14.00</p>		<p>BIBLE & BABIES</p> <p>MRS MATSUYA & MRS VENABLES</p> <p>If you are a regular member of Bible and Cake Club you'll know to expect some great Bible study, games and quizzes. This time with added babies. NOTE: <i>This session will be for the Luckley internal community only on MS Teams for safeguarding reasons.</i></p>
<p>14.30</p>		<p>BHANGRACISE FITNESS</p> <p>RAJEEV GUPTA</p> <p>You're in for a real treat with this uplifting Indian-inspired dance workout with Rajeev, who has taught professionals on Strictly, and won awards during lockdown for services to the community.</p>
<p>15.00</p>		<p>SLEEP COACH</p> <p>DR LINDSAY BROWNING</p> <p>This session will have loads of practical advice on how to get the sleep you need</p>
<p>15.30</p>		<p>COMEDY MAGIC</p> <p>STEVE PRICE</p> <p>The show offers incredible tricks and intriguing illusions that will have you talking for weeks and will leave you feeling great at the end of an awesome day.</p>