

Wellbeing Day for Year Nine: Activities Week

This day was designed for Year Nine students to find ways to tackle certain areas of life that could cause stress. The girls were organised into groups of 16 and attended four sessions throughout the day:

- Drama Workshop – on group bonding tactics, finding ways to work well with others.
- Skincare Workshop – this looked at how to take care for your skin and how to apply makeup **correctly** and **subtly**.
- Psychology Workshop – this was a session in which girls discussed what caused them stress and staff helped them to understand the effects they could have on their relationships and themselves.
- Relaxation Workshop – girls were taken through a gentle routine in which they learnt how to breathe slowly during times of stress and learnt how to relax their minds using relaxation techniques.

The feedback from students was very positive, and staff felt that the Wellbeing Day prepared students for the next stage of their education.

The Wellbeing Day will run again next year, adding new activities and options for the students to choose.