

YR 9 PSHE Day Health and Wellbeing (Care, Support, Appreciation & Understanding: Past, Present, Future)

Period 1 9:00 -9:50	Introduction: Stress and Anxiety (Hall)			
	R	Y	B	G
Period 2 9:50 - 10:40	Yoga and Meditation HALL	Cancer C1	Mental Health Samaritans Truro SAH C3	Bereavement (Penhaligons friends) GA L4
Period 3 10:55 - 11:45	Cancer C1	Mental Health Samaritans Truro KH C3	Bereavement (Penhaligons friends) JT L4	Yoga and Meditation HALL
Period 4 11:45 - 12:30	Mental Health Samaritans Truro TH C3	Bereavement (Penhaligons friends) TS L4	Yoga and Meditation HALL	Cancer C1
Period 5 1:15 - 2:35	Bereavement (Penhaligons friends) IB L4	Yoga and Meditation HALL	Cancer C1	Mental Health Samaritans Truro MR C3
Period 6 2:35 - 3:25	Evaluation L4 HN	Evaluation E8 TJR	Evaluation C1 SBU	Evaluation C3 WD