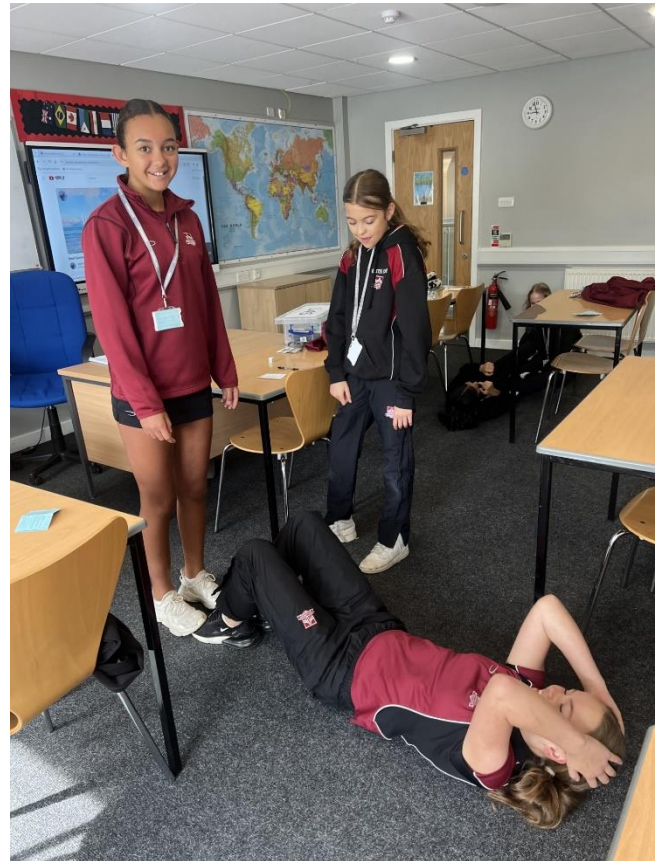


# High School & Sixth Form

## Form time exercise



A few weeks ago during mental health awareness week our form took part in a 'move for your mood' exercise game. Pupils were given a list of 6 exercises and a dice. They took turns to roll the dice and had to perform the exercise for the number they rolled. Pupils worked in teams and kept a tally to win house points for the first person to reach 50.

As pupils enjoyed the activity, we have decided to make it a regular Thursday morning activity to get them ready for their day of learning. Well done Lower 4!

Mrs Della Harrison