



Headstrong -

Week 9

2020/21

<https://youtu.be/mroYGvoKC9s>



HEALTHY SCHOOLS CHALLENGE:

This challenge is setting you up for next week so you are prepared!

On the 19th November, we will be collecting for the food bank. The next slide will give you a list of things you could bring in.

Any Christmas items will collect you double points for your healthy schools challenge.



HEALTHY SCHOOLS

CHALLENGE:



Christmas Cake (Slab/Bar)

Mince Pies

Box of Biscuits

Box of Chocolates

Chocolate Bars

Selection Box

Christmas Crackers

Cheese Crackers

Long life Fruit Juice

Dried Milk

Dried Potato (Instant Mash)

Tinned Vegetables/Fruit

Tinned Rice/ Sponge Puddings

Tea Bags

Jam/Marmalade

Toiletries

This week, during the rest of your headstrong time this morning, you are free to enjoy the company of your peers.

Whilst in lockdown, we can't mix outside of school, so take some time this morning to chat to the person next to you. Ask your tutor if you can listen to a favourite song and sit back and take some time to chill with your friends!



Remember to Rest.
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@BLESSHEMESSY

