



# Headstrong

## Week 19



**- GET INVOLVED -**

*Try something new...*

[https://www.youtube.com/watch?v=Jm8ZQ\\_KSsgE](https://www.youtube.com/watch?v=Jm8ZQ_KSsgE)



<https://www.youtube.com/watch?v=oxzKPEta3IA>



# HEALTHY SCHOOLS

## CHALLENGE:

Time to give something a try!

1. Put a copy of the extra-curricular timetable on your form notice board - ask you your friends, what do they do?
2. If you don't do any clubs at school, try something new next week!
3. If you already do lots of clubs, try and invite a friend to join you at the next session.
4. Visit Dan and Andre in reception to find out about the youth clubs that are available outside of school too.