



Healthy, happy bodies and brains
Years 5-8

Saturday November 4th 2017

**West Kirby Grammar School,
Graham Road,
West Kirby,
Wirral,
CH48 5DP**

Being a young person in today's world is tough. Life is so fast-paced. There are many demands on you and your time. How do you cope? Life at school is crazy; you constantly have to organise your equipment, keep focused in lessons, remember everything, deal with the pressure of tests and exams. At home, you have to manage all the extra-curricular activities you do, factor in spending time with your family and hold on to all your friends. So, to make us more efficient (and to keep us sane!), it is essential to hone healthy and happy bodies and minds. This fun and fabulous workshop is designed to make you mindful of your thoughts and feelings through meditation and yoga. You will explore your creativity in craft based activities. Through active games, stretch and massage you will learn to enjoy the endorphins stimulated by the movements of your body. Those with an interest in Science or Psychology may also consider the theory behind why our bodies and minds react in the way that they do.

This workshop is designed to challenge different ages and physical abilities – there are no pre-requisites.

The aim is for students to have fun, gain confidence, resilience and readiness to face challenges and take risks.

The workshop will be led by Gemma Jefferies, who is a Level 2 qualified fitness instructor with qualifications in First Aid and Strength training, as well as being an English teacher who was previously both Head of English and head of Sixth Form.

Time: 9.45am registration for 10am start - 3.30pm.

At 3.15pm, parents will be invited to join their children in order to see what they have achieved during the day.

Children need: Packed lunch and drinks

Cost: £20

Cheques should be made payable to: **North West Gifted and Talented**

Number of places available: 30 (Please note applications will be considered on a first come first served basis so applying does *not* guarantee a place)

To apply for a place email:

aileen.hoare@northwestgiftedandtalented.org.uk