

The Oxford School

Well Being Newsletter –Oct 25th –Oct 29th

Assembly

Theme –Prophet’s Birthday

Year 10-13- Sunday 25th October

Year 7-9 –Monday 26th October



Circle Time Activities

Self Esteem –Devise strategies to boost their self-esteem and consider ‘how to be happy’

Appreciation Box-Leave appreciations for classmates in the box.

Conversation Day –R U OK?

Managing Stress-Explore different coping strategies for dealing with stressful situations.

Encourage young people to develop their own personal coping styles to deal with stress.

APPRECIATION



R U OK?



I believe in me



PE lessons

Fitness challenges

Fruit Eating challenge

Well being Lessons

Teen Tips- Handling peer pressure

Career Counselling Lessons

Resume making

Internships

77% 8:41 am



Post

TOS YR 10B2 CLASS TEACHER Ms. Um...



TOS-10219 Naveed Mohammed 8:36 am



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TOS-10379 RIZWAN DANISH 8:36 am



Reply



We believe it takes one to find one.



