

# Battling the Blues while Stuck at Home

Week 2: Programming 3:15-4:00

	Monday, Jan 18	Tuesday, Jan 19	Wednesday, Jan 20	Thursday, Jan 21	Friday, Jan 22
<b>Clubs Option</b>	<b>Clubs A</b> Check with your club head	<b>Clubs B</b>	<b>Clubs C</b>		
<b>Prefects Cup</b>		<b>House Trivia: How vs. Orrs</b>	<b>House Trivia: Semis TBD</b>	<b>House Trivia: Semis TBD</b>	
<b>Fitness</b>	<b>Y8: Live virtual Workout</b> with Mr. Buttery  Virtual Rowing (Rowers ONLY 3:30 - 4:30)	<b>Y9: Live virtual Workout</b> with Mr. Buttery	<b>Y12: Fight Fit with Jason Battiste</b> ( <i>former MMA Fighter, owner of NFF Fitness</i> ).  <b>Y10: Live Workout</b> with Mr. Buttery  Virtual Rowing (Rowers ONLY 3:30 - 4:30)	<b>Y11: Live virtual Workout</b> with Mr. Buttery, <a href="#">I</a>	Virtual Rowing (Rowers ONLY 3:30 - 4:30)
<b>Enrichment and Support</b>		<b>Year 11: Back to Blues 2.0:</b> Y12s talk EE & Sci IA Join here  <b>All Grades: Clear Mind</b> 20 min session led by experts from <b>Mindfulness Club:</b>	<b>All Grades: Baking</b> = 😊  <b>Year 8-10: Blue Ink</b> Come and put some words to all those thoughts and feelings. Poetry and short stories with Mr. Bauld	<b>Year 9/10 Leadership Training</b> (with Ms. M & Reid Gledhill)  <b>Year 12: Health Centre virtual drop in.</b>	

**Coming Next Week:** *More baking, fitness, course selection support for Year 10s, Stewards election process overview and more.*