

YEAR 10

The Twelve Days of Christmas – Health and well-being calendar

Year 10 this is your Christmas “Health and Wellbeing challenge.” Each day you must complete the challenge and have photo evidence. You can email the photo to Miss Williams or Mr Clarke l.williams@bishopchalloner.bham.sch.uk s.clarke@bishopchalloner.bham.sch.uk The more evidence you send the more chances you will have to win a prize at the end of the 12 days. Your form tutor will do form pictures and give names of students who have particularly worked hard. Parents/Carers have been sent an email/text to let them know that you are taking part in this for the next 12 days.

Day 1 Monday 3 rd December	Day 2 Tuesday 4 th December	Day 3 Wednesday 5 th December	Day 4 Thursday 6 th December
Me Time When you get home from school spend half an hour doing something you enjoy that isn't social media, gaming or communication with others. This could be reading a book, listening to your favourite music, write some lyrics, paint a picture etc. 	Helping Relatives Ask your parents/carers if you can support them in any way. This could be setting the table, peeling potatoes etc. Other options include doing the washing up without being asked, or do something that you would not usually do for someone in your family. This could be offering to read with a younger sibling etc. 	Alternative Advent Calendar Please bring in some items for the local foodbank and give it to your form tutor. Things that are long life such as tinned goods, pasta, toiletries are perfect. You could donate £1 instead and your AHOY will go shopping for items. 	Christmas Cards During form time write a Xmas card for a member of Bishop Challoner staff (This can be a teacher, assistant, canteen staff etc) write a positive message or words of thanks. Make sure you include your name. Your form tutor will check all of these and Mr Clarke and Miss Williams will deliver them. 
Photo Evidence:	Photo Evidence:	Photo Evidence:	Photo Evidence:
Email Sent:	Email Sent:	Email Sent:	Email Sent:

Day 5 Friday 7 th December	Day 6 Monday 10 th December	Day 7 Tuesday 11 th December	Day 8 Wednesday 12 th December
<p>Healthy Eating</p> <p>We all know the importance of aiming for our five a day. Today there will be opportunities to sample fruits, some that you may never have tried before. Maybe these can become part of your regular diet!</p> 	<p>Helping Relatives (2)</p> <p>Do you have an elderly relative such as a grandparent or a close family friend who may need some help? This could be simply a phone call to your grandma to see how they are.</p>	<p>Friends are all around us.</p> <p>Today take the time to tell friends in school how much you appreciate them. You could give 50p/£1 to your form tutor and it could go to help our charity to support our friends all around us.</p> <p>During form time write a song choice for Form time/Chill time on day 10. This cannot be rude or have inappropriate language in.</p>  	<p>Manners, kindness and Respect</p> <ul style="list-style-type: none"> • Always saying Please and Thank you. • Let an older person or someone with a small child have your seat on the bus. • Hold a door for a teacher when they have their laptop or for a friend as you go through a door etc • Saying “Excuse me” instead of “Move” and “Pardon” or “Sorry”, “I didn’t hear you” instead of “What”. • Listening when a teacher or someone else is talking. Try not to interrupt a friend, they may have something important to tell you.
Photo Evidence:	Photo Evidence:	Photo Evidence:	Photo Evidence:
Email Sent:	Email Sent:	Email Sent:	Email Sent:

Day 9 Thursday 13 th December	Day 10 Monday 17 th December	Day 11 Tuesday 18 th December	Day 12 Wednesday 19 th December
<p>Create a positivity card</p> <p>It is nice to be positive for others, today in form time you will create a card with a positive quote for someone in your form. Your form tutor will give you a name. It doesn't matter if you don't really know this person, it is good to try and find a positive in everyone.</p> <p>On the back you will write something positive these will be checked so be sensible please.</p> 	<p>Let's have a night off</p> <p>No Homework night. Plan so that any remaining homework for the next day is already complete. By being organised, you should be able to give yourself a complete night off from schoolwork.</p> 	<p>Relaxation</p> <p>Take time for yourself at the end of the day.</p> <p>Instead of assembly today, you can listen to your form playlist on youtube. You may bring snacks if your form tutor is happy for this.</p> 	<p>Exercise</p> <p>Mr Clarke will be playing badminton non stop, from the beginning of the school day until the end, to raise money for the teenage cancer trust.</p> <p>It will be 50p to have a game vs him and students who win will win a prize. All money goes to a great cause whilst helping our health and Wellbeing too!</p> 
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