

# LATEST NEWS

NOV 2018

## YAY DAY 2018



Our pupils had a chance to try out lots of interesting activities as part of our 'Yay Day' celebrations. We tried some calming and energising Yoga with Sinead, we experimented with some multi-sensory music therapy sessions lead by Emma and Beth helped us all explore mindfulness using some really fun breathing techniques and mental exercises. Lots of the methods we tried involved slowing right down and being more thoughtful.



We explored healthy eating by creating some super nutritious smoothies but we had to work hard to make them! We chose our favourite fruits and loaded them into the 'pupil-powered' smoothie bike. We had to pedal fast to mix everything together but the results were delicious...

