

WELLBEING CALENDAR

2025-2026



THE INSTITUTE OF
EDUCATION

Wednesday 10 th September 2025	Wellbeing Workshop / Jane D'Alton (6 th Years) / 12:30pm / Location TBC
Thursday 18 th September 2025	Morning Meditation / Brian Gregan (All years welcome) / 8:30am / Location TBC
Friday 26 th September 2025	September Break / Rest & Recharge / (School closed - No classes for all years)
Week of 29 th Sept 2025 - The day is a surprise!	Tea & Hot Chocolate in Evening Study / Ground Floor Breakout Area
Wednesday 8 th October 2025	Wellbeing Workshop / Jane D'Alton (4 th /5 th Years) / 11am / Location TBC
Monday 13 th - Friday 25 th October 2025	Two Sentence Horror Story Competition / Runs for 2 weeks / Digital Screens
Friday 7 th November 2025	Sunrise Walk / All years welcome / 7:45am / Main Doors
Monday 17 th - Friday 28 th November 2025	Sparkling Joy Photo Competition / Runs for 2 weeks / Digital Screens
Week of 8 th Dec 2025 - The day is a surprise!	Tea & Hot Chocolate in Evening Study / Ground Floor Breakout Area
Friday 19 th December 2025	Christmas Jumper Day and Bake Sale
Monday 12 th - Friday 16 th January 2026	Wellbeing Week / Events all week / Full Calendar will be announced in December
Friday 23 rd January 2026	Positive Poetry Competition Winner Announced
Thursday 29 th January 2026	Morning Meditation / Brian Gregan (All years welcome) / 8:30am / Location TBC
Thursday 5 th March 2026	Yoga / Stephanie Mulligan (All years welcome) / 3:30pm / Location TBC
Friday 13 th March 2026	Sunrise Walk / All years welcome / 7:45am / Main Doors
Friday 20 th March 2026	Culture Day / Dress Traditional all day / Events at lunchtime / Afterschool Concert
Monday 13 th April - Friday 24 th April 2026	Random Acts of Wildness / Runs for 2 weeks / Digital Screens
Week of 27 th April 2026 - The day is a surprise!	Tea & Hot Chocolate in Evening Study / Ground Floor Breakout Area
Friday 8 th May 2026	Sunrise Walk / All years welcome / 7:45am / Main Doors
Monday 11 th - Friday 22 nd May 2026	Words of Encouragement / Runs for 2 weeks / Digital Screens

WEEKLY

Every week from Monday 1 st September 2025	Wellbeing Committee meeting / Details TBC
Every week from Friday 5 th September 2025	Social Club with Games / Lunchtimes 11am & 12:30pm / Location TBC