



ACS Healthy Living Week 2023

- Good health is not just the absence of disease or illness, it is a state of complete physical, mental and social well-being.
- ACS Healthy Living Week takes place from Monday 30th January – Sunday 5th February.
- There will be different activities on offer each day – do keep checking the timetable!
- Remember you can win a £10 Amazon voucher for the best sustainability and self care challenges! More details on Google Classroom!



ACS Healthy Living Week 2023



	Monday 30 th January	Tuesday 31 st January - Healthy Body Sessions ER/SA	Wednesday 1 st February	Thursday 2 nd February	Friday 3 rd February	Saturday 4 th February	Sunday 5 th February		
Before School	Free Breakfast	Free Breakfast	Healthy Body and Mind Home Activities	Free Breakfast	Walk to School Day Free Breakfast	Create a diary/journal/artwork of your sustainability and self care challenges for a chance to win a £10 Amazon voucher! Sustainability Challenges <u>Examples of Activities</u> Self Care Challenges <u>Examples of Activities</u>			
Form Time	Sports Challenges	Eco Challenges	Wellbeing Challenges	Healthy Eating Challenges	Active Challenges				
13:25 – 13:30	Feel Good in 5	Feel Good in 5	Feel Good in 5	Feel Good in 5	Feel Good in 5				
Lunch ACS Canteen Healthy Changes	Healthy Mind Careers (M009)	Healthy Mind ICT (E206) Yoga (E231) Healthy Mind Library (ER)	Healthy Choices Food Plate 	Healthy Mind History (Y7 E203) Healthy Mind Library (SA)	Healthy Mind RS Healthy Mind Knitting (E100) 				
After School	Healthy Body and Mind Research (E136)	Healthy Mind Music (020) Healthy Mind Art (Y7 E218)	Healthy Body and Mind Home Activities	Calm Club (E200) Yoga/Breathing Techniques (E231)	Walk Home Day				