

WELLBEING

Week

M Mindful Monday - Wellbeing sessions in the Students' Union

T Time out Tuesday - Zorbing sessions down at Honeywell

W Wellbeing Wednesday - Society market at the Sixth Form college

T Thursdays Carnival - Join us at Old Mill Lane for our big carnival themed events! Stalls, activities and loads of goodies!

F Feel good Friday - Take time to reflect on the week that you have had. Check out our Facebook for wellbeing tips!

P Picnic in the park all week! Come and join us in Urban Park for lawn games and book club

S Speak to your tutor for more information. Follow our Facebook page: @barnsleyhwbc