Health and Wellbeing Week at CCS November 2019

Health and wellbeing week took place during the week beginning Monday the 18th November. The aim of this week was to promote a caring ethos for student’s wellbeing throughout the school, students and teachers alike, and assist with the continuous improvement of wellbeing support. The week was made as interactive and visible as possible to ensure there was plenty of activities going on for all ages. There were surveys sent out to be done in registration time to help use pupil voice to guide the school in how to improve wellbeing; PSE lessons conducted by sixth formers, form time activities and special assemblies helped students improve their own wellbeing and understand how to help others too; and year thirteen pupils met with an expert in wellbeing to discuss how the school could further improve its current support for student wellbeing. Of course, the biggest event going on during the week was the fitness challenge. As a school, both staff and pupils travelled 685 km on two exercise bikes and two rowers in teams of four, smashing our target of Brussels (638.5 km)!  
Not only were CCS successful in reaching the goal in the fitness challenge, the whole week was a success. The response from pupils and staff has been fantastic and we are working on the suggested improvements you gave us to help develop the week even further next year. However, this week could not have been possible without all those who were involved. Thank you to everyone who made the week a success!

