



**MEET AND CHAT EACH **TUESDAY** IN SCHOOL**

**ALL WELCOME!**

**WHERE** – DINING HALL OR OUTSIDE (WEATHER PERMITTING)

8.45 -9.15am

**TOPICS FOR THIS HALF TERM:**

15.1.2019 – Learning Mentor drop-in

22.1.2019 – Tips to build stronger sibling bonds✓

29.01.2019 - Effective morning and evening routines.✓

05.02.2019 - Relaxation & Mindfulness and positive mental health

12.02.2019 – Social media – monitoring and keeping up-to-date✓



Hosted by Amanda Thompson (LEARNING MENTOR) and Sajida Khurram (TA  
& PUNJABI/URDU SPEAKER)

**\*\*COME AND JOIN US FOR A COFFEE AND A CHAT!\*\***