

Inspire Story

HEALTH AND WELLBEING YEAR 11 FESTIVAL

Our first secondary Health and Wellbeing festival took place with Lancaster Academy and Sir Jonathan North's Year 11 pupils. This festival was designed for young people who have struggled with their mental health, don't enjoy sport or struggle with their weight management. Students were selected by their schools based on this criteria as an opportunity to engage with them in a different way.

The first thing they were asked to do was to write 5 feelings about themselves. They wrote things like 'scared' 'anxious' and 'angry'. None of them wanted to be there initially and they were very unsure about joining in. They took part in several workshops from teamwork skipping to capoeira. Whilst joining in they soon relaxed and were smiling and laughing. At the end of the session, they wrote down 5 feelings again. This time they wrote things like 'excited' & 'happy'. As a team we were so thrilled with how our first secondary festival went and will be rolling it out to other schools throughout this year.

