

Period	Timings	Session	Group	Staff	Room	Summary	Additional students joining groups
Tutor	8.45am to 9.15am	Matthew Johnson - Industry response to Health lifestyles ie Physical and mental health.	All tutor groups	Year 7 Tutors	Tutor bases	Overview of Kraft in the food industry https://meet.google.com/bkn-esov-tpj7?authuser=0&pin=1	
1	9.15am to 10.15am	MUFC	8ab/En1 - MMc Mon P5	MSW	Outside	Discussion on Mental health and Sport	Alex Barlow and Alfie Booth
		School Nurses till 10am	8ab/En2 - JTw	SHA	XG5	Discussions on healthy living and nutrition	Lacey Bowler and Macy Bradwell
		Glossop Military Fitness	8ab/En3 - FBa Mon P3	ABr	Extension	Physical exercise session	Max Broster and William Fielding
		Chartwells	8ab/En4 - MMc Mon P3	DED	FC4	Nutrition and cooking healthy meals	Rosie Horton, Archie Quinlan and Jayden Lowth
		Nutrition for health - Clare R	8ab/En5 - SGI	FWA	GT1	How can sugar affect our Physical and Mental Health?	Harvey Robinson, Harry Ryan and Faith Scott
		Brian Buller	8cd/En1 - FBa Mon P5	HJo	XG4	Knife crime and the effects on Physical and Mental health	Carston Carter and Sam Darby
		Mary Mansfield - Yoga	8cd/En2 - BBr	JHA	Theatre	Relaxation for Body and Mind	Macey Coe and Annie Fisher-Dodson
		Reiki - Tashashakrashed	8cd/En3 - VGa	JPE	Drama Studio	Exercises for Mental and Physical Health	Charlotte Kennedy and Lottee Macklin
		The Mix - Online session	8cd/En4 - KOs	JTH	FC3	Online Support for Mental Health https://meet.google.com/kfn-gkzz-ond?authuser=0&hs=122&jjim=1699132547650	Lewis Lomas and Jay Naughton
		The Mix - Online session	8cd/En5 - HLo	Cover	GH2	Online Support for Mental Health https://meet.google.com/kfn-gkzz-ond?authuser=0&hs=122&jjim=1699132547650	Fletcher Preston, Kane Sharlotte and Jasmine Tandy
2	10.15am to 11.15am	The Mix - Online session	8ab/En1	CRO	FC3	Online Support for Mental Health https://meet.google.com/kfn-gkzz-ond?authuser=0&hs=122&jjim=1699132547650	Alex Barlow and Alfie Booth
		Chartwells	8ab/En2	DSM	FC4	Nutrition and cooking healthy meals	Lacey Bowler and Macy Bradwell
		The Mix - Online session	8ab/En3	FBA	FE2	Online Support for Mental Health https://meet.google.com/kfn-gkzz-ond?authuser=0&hs=122&jjim=1699132547650	Max Broster and William Fielding
		MUFC	8ab/En4	HLO	Outside	Discussion on Mental health and Sport	Rosie Horton, Archie Quinlan and Jayden Lowth
		Glossop Military Fitness	8ab/En5	HRO	Extension	Exercise for Physical and Mental Health	Harvey Robinson, Harry Ryan and Faith Scott
		The Mix - Online session	8cd/En1	JCL	GH2	Online Support for Mental Health https://meet.google.com/kfn-gkzz-ond?authuser=0&hs=122&jjim=1699132547650	Carston Carter and Sam Darby
		Nutrition for health - Clare R	8cd/En2	JTH	GT1	How can sugar affect our Physical and Mental Health?	Macey Coe and Annie Fisher-Dodson
		Mary Mansfield - Yoga	8cd/En3	MMC	Theatre	Relaxation for Body and Mind	Charlotte Kennedy and Lottee Macklin
		Reiki - Tashashakrashed	8cd/En4	STA	Drama Studio	Exercises for Mental and Physical Health	Lewis Lomas and Jay Naughton
		Brian Buller	8cd/En5	BBR	XG4	Knife crime and the effects on Physical and Mental health	Fletcher Preston, Kane Sharlotte and Jasmine Tandy
3	11.30am to 12.30pm	Reiki - Tashashakrashed	8ab/En1	JWADDINGTON	Drama Studio	Exercises for Mental and Physical Health	Alex Barlow and Alfie Booth
		Emma Thompson - Yoga -12pm to 12.30pm	8ab/En2	KOS	Dance Studio	Relaxation for body and mind	Lacey Bowler and Macy Bradwell
		Chartwells	8ab/En3	MMI	FC4	Nutrition and cooking healthy meals	Max Broster and William Fielding
		The benefits of music to Mental health	8ab/En4	SHA cover JTh and JTHh take the session	FM2 (need a room change?)	A session whilc looks at the effects of Music on both Physical and Mental Health.	Rosie Horton, Archie Quinlan and Jayden Lowth
		School Nurses	8ab/En5	SJO	XG5	Discussions on healthy living and nutrition	Harvey Robinson, Harry Ryan and Faith Scott
		MUFC	8cd/En1	VGA	Outside	Discussion on Mental health and Sport	Carston Carter and Sam Darby
		Glossop Military Fitness	8cd/En2	AHA	Extension	Exercise for Physical and Mental Health	Macey Coe and Annie Fisher-Dodson
		Brian Buller	8cd/En3	CHI	XG4	Knife crime and the effects on Physical and Mental health	Charlotte Kennedy and Lottee Macklin
		Nutrition for health - Clare R	8cd/En4	DED	GT1	How can sugar affect our Physical and Mental Health?	Lewis Lomas and Jay Naughton
		Mary Mansfield - Yoga	8cd/En5	HRO	Theatre	Relaxation for Body and Mind	Fletcher Preston, Kane Sharlotte and Jasmine Tandy
4	12.30pm to 1.30pm Mary Mansfield free	Sarah - Dancercise	8ab/En1	ABO	Theatre	Exercise for Mental and Physical Health	Alex Barlow and Alfie Booth
		The Mix - Online session	8ab/En2	FBA	FE2	Online Support for Mental Health https://meet.google.com/kfn-gkzz-ond?authuser=0&hs=122&jjim=1699132547650	Lacey Bowler and Macy Bradwell
		Nutrition for health - Clare R	8ab/En3	CRY	GT1	How can sugar affect our Physical and Mental Health?	Max Broster and William Fielding
		Reiki - Tashashakrashed	8ab/En4	DSM	Drama Studio	Exercises for Mental and Physical Health	Rosie Horton, Archie Quinlan and Jayden Lowth
		Emma Thompson - Yoga	8ab/En5	ABR	Dance Studio	Relaxation for body and mind	Harvey Robinson, Harry Ryan and Faith Scott
		School Nurses	8cd/En1	KOS	XG5	Discussions on healthy living and nutrition	Carston Carter and Sam Darby
		MUFC	8cd/En2	STA	Outside	Discussion on Mental health and Sport	Macey Coe and Annie Fisher-Dodson
		Glossop Military Fitness	8cd/En3	SLE	Extension	Exercise for Physical and Mental Health	Charlotte Kennedy and Lottee Macklin
		Brian Buller	8cd/En4	MSW	XG4	Knife crime and the effects on Physical and Mental health	Lewis Lomas and Jay Naughton
		Chartwells	8cd/En5	MMI	FC4	Nutrition and cooking healthy meals	Fletcher Preston, Kane Sharlotte and Jasmine Tandy
5	2pm to 3pm	Mary Mansfield - Yoga	8ab/En1	RCO	Drama Studio	Relaxation for Body and Mind	Alex Barlow and Alfie Booth
		DEI and PE	8ab/En2	ETR	Sports Hall	Exercise and the effects on Physical and Mental health	Lacey Bowler and Macy Bradwell
		DEI and PE	8ab/En3	JLA	Sports Hall	Exercise and the effects on Physical and Mental health	Max Broster and William Fielding
		Glossop Military Fitness	8ab/En4	STA	Extension	Exercise for Physical and Mental Health	Rosie Horton, Archie Quinlan and Jayden Lowth
		Brian Buller	8ab/En5	EMA	XG4	Knife crime and the effects on Physical and Mental health	Harvey Robinson, Harry Ryan and Faith Scott
		Emma Thompson - Yoga	8cd/En1	MSW	Dance Studio	Relaxation for body and mind	Carston Carter and Sam Darby
		Sarah - Dancercise	8cd/En2	SGR	Theatre	Exercise for Mental and Physical Health	Macey Coe and Annie Fisher-Dodson
		School Nurses	8cd/En3	CRO	XG5	Discussions on healthy living and nutrition	Charlotte Kennedy and Lottee Macklin
		MUFC	8cd/En4	KJO	Outside	Discussion on Mental health and Sport	Lewis Lomas and Jay Naughton
		Nutrition for health - Clare R	8cd/En5	SLE	GT1	How can sugar affect our Physical and Mental Health?	Fletcher Preston, Kane Sharlotte and Jasmine Tandy

Presenters on Thrive Day

MUFC	Dan Millen	Glossopdale School	
School Nurses	Emma Cook	Glossopdale School Nurse	
Glossop Military Fitness	Andy Cornner	andycornner@yahoo.co.uk	
Chartwells	Aisha Blakemre	aisha.blakemorerazaq@compass-group.co.uk	
Nutrition for health - Clare R	Clare Rowley	Glossopdale School	
Police - Knife Crime	Brian Buller	brian.buller@derbyshire.police.uk	
Mary Mansfield - Yoga	Mary Mansfield	marymansfielddyoga@gmail.com	
Reiki - Tashashakrashed	Natasha Lincoln	tashaschakrashed@gmail.com	
The Mix - Online session	Andy Rayment	andy.rayment@themix.org.uk	
The Mix - Online session	Emma Hardwell	emma.hardwell@themix.org.uk	
Sarah - Dancercise	Sarah Richardson	srh_richardson@yahoo.com	
Emma Thompson - Yoga	Emma Thompson	yogaandfitnesswithemma@gmail.com	