

LADIES PROGRAM

EASTER TERM 2012

RAN BY: Jenny and Sarah

- 1) Girls' lounge re-vamp and art competition. Each girl receives an art canvass (£1) and has one week to complete them, in any medium of their choice, with the theme 'Your role model and inspiration', along with one or two lines to explain their piece of work and why this is important to them. These will be judged by Mr Sutton and the winners will go to London to the Victoria and Albert Museum. The canvasses will be used for display in the girls' lounge at school once it has been redecorated.
- 2) To replace the 'dinner party' of last term, the new section to cover throughout the term will be 'Health, Wellbeing and Beauty'. We will run a regular kind of 'weight watchers' meeting group with weigh-ins to monitor the girls in a safe way. We will provide nutritional and fitness advice, focussing on a safe and healthy balance this term. Some meetings will be mandatory to attend and some will be only available to those wishing to attend for advice and tips etc. Other activities include such things as 'make your own face masks', 'body shop representative party', 'make-overs', 'making and tasting healthy snacks', 'making vegetable and fruit juices' etc.

Jenny:

Please ensure that a program and lesson plan is written for each session held on a Monday night at Guestling Hall throughout the term and that everyone takes part through register and monitoring. Their Ladies Programs should be signed off as they complete a section.

Photos should be taken of each activity and sent to Sarah and Mr Sutton.

Please can you write a summary of highlights with photos at the end of the first half term and end of term to put into the Buckswood Newsletter to send out to parents.

Thank you,

Sarah Wilson

Head of House