

## January Workshops Health and Wellbeing

This term, our January programme has focused on wellbeing workshops, giving students the opportunity to reflect, learn and grow in a supportive environment.

We began with an inspirational motivational workshop led by Okwyadigbo, a motivational speaker who shared powerful stories from his own life experiences. Students were fully engaged and inspired by his journey. The key message they took away was simple but meaningful: always believe in yourself and no such word as cant.

As part of Northampton School Wellbeing Month, students also took part in an important sexual health talk delivered by Corrina. The session provided valuable information and encouraged open, respectful discussion around health and wellbeing.

Students have also been celebrating Chinese New Year the Year of the Horse.

They thoroughly enjoyed taking part in creative activities, including making traditional masks and drums, as well as watching an exciting Chinese dance performance.

Everyone is now looking forward to enjoying a special Chinese lunch, which will be a fantastic way to round off the celebrations.

