

What's happening during Arts Week?



Arts Week 2025 10th-14th February

The Body and Mind; Our physical and emotional wellbeing

Overview of the week

Body and Mind; Our physical and emotional wellbeing

Activities planned into your **lessons** linking to the Arts Week theme.

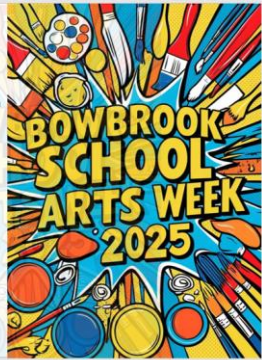
Drop in sessions at **break and lunchtimes** filled with a range of activities to take part in.

Themed **lunches** throughout the week.

A range of **competitions** to enter.

Plus:

- **Monday:** Arts Week launch Assembly p1
- **Tuesday:** Animal Man
- **Wednesday:** Bowbrook's Got Talent
- **Thursday:** Curriculum Alive Day; 6 Workshops
- **Friday:** Arts Week Showcase and S11 Wellbeing Evening



Monday short break with the Arts Captains and Mrs Mills

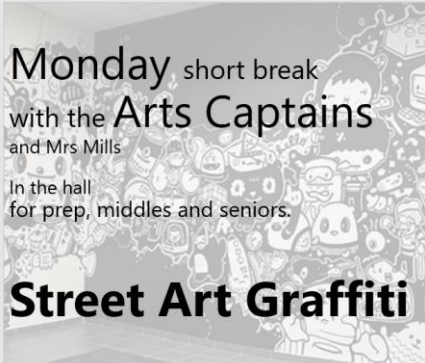
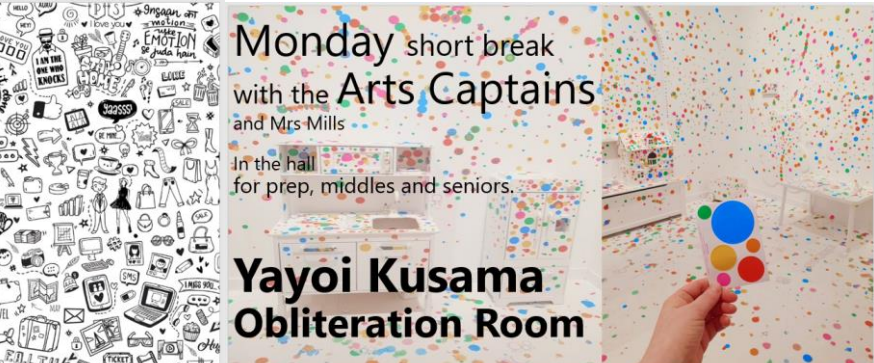
In the hall for prep, middles and seniors.

Street Art Graffiti

Monday short break with the Arts Captains and Mrs Mills

In the hall for prep, middles and seniors.

Yayoi Kusama Obliteration Room

Mini Spa; hand and arm massage

Monday lunch break with Mrs Mason

Middles and seniors

12.30-1.50pm

Lab 2. Schofield block

nut free oils
relaxing music
dimmed lights
incense

Tuesday workshop: The Animal Man

Ever had a snake wrapped around your shoulders or held a tarantula in your hand?

Prep, middles and seniors






Tuesday short break outside the Schofield block

The Mental Health Champions and Mrs Farr will be helping you to realise 'its ok to feel as flat as a pancake'

Idiom as flat as a pancake

Meaning to be/feel very flat

...and we can all feel flat sometimes...but that's ok!

Donate £1 for a crepe!

Lemon and sugar toppings

All money donated to a local mental health charity

Tuesday A lunchtime of 'gurning' with Mr Allen

Middles and seniors

12.30-1.50pm

In the hall

Laughter is the best medicine!




Tuesday lunch break with Ms Birch

Middles and seniors

12.30-1.50pm

in the Geography classroom.

Beads and bracelets

All equipment provided or bring your own from home

Throw a pot on our new potters wheel!

Wednesday lunch break. With Miss Wanklyn

for prep, middles and seniors.

12.30-1.50pm




Physical Challenges

Wednesday lunchbreak.
Wear trainers and meet on the field.

With Mr Swain
Middles and seniors
12.30-1.50pm

Having fun together

Boosting our confidence

BOWBROOK'S GOT TALENT

Supporting each other

Celebrating success

Wednesday 12th February

Thursday: Curriculum Alive day

6 workshops to take part in throughout the day:

- Performing Arts
- Music
- Empower: Yoga and Mindfulness
- The Power of Journaling
- Art and Nature therapy
- Physical activity and orienteering

Prep, middles and seniors

Facepainting

Thursday Lunchbreak

With the Parents Committee
In the hall

for prep, middles and seniors.
12.30-1.50pm

Friday lunchbreak

Valentines Day crafts for someone special!

With Mrs Farr in Q4
Middles and seniors
12.30-1.50pm

You should enter a minimum of 2 competitions.
List of competitions sent home.

You will gain **'Arts Points'** for each entry which will all count towards the **Arts Cup**.

5 points for each entry

10 points: Highly commended

20 points: 3rd place

30 points: 2nd place

50 points: 1st place



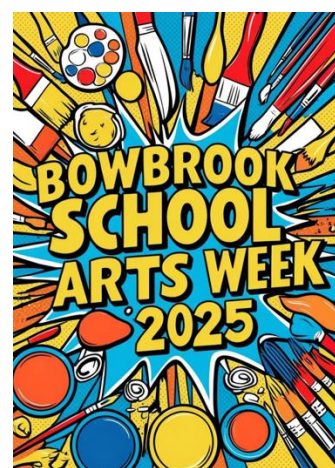
COMPETITION

You are warmly invited to attend the

Bowbrook House ARTS WEEK Showcase 2025

Celebrating the achievements and talents of our students

In the School Hall
Friday 14th February 2025
3.30 – 4.30pm



S11 Wellbeing Evening

Friday 4:20-8pm

Hot chocolate, toasted marshmallows, popcorn and a spooky graveyard walk!

Arts Week Lunch Menu



	Moreish Monday	Comfort Food Tuesday	Home Grown Wednesday	Take-Away Thursday	Fill-Up Friday
Main	Tasty Chicken Supreme and vegetable rice	Be content with Hawaiian pizza, spicy lattice and baked beans	Homely roast beef, roast potatoes, carrots and peas	Grab a hot dog with chips and peas	Finish off the week with cheese and bacon pasta, garlic bread and salad
Vegetarian	Quorn Supreme	Margherita pizza	Quorn roast	Quorn dog	Cheesy leek pasta
Light Bite	Jacket Potato	Pasta	Jacket skins	Macaroni cheese	Jacket Potato
Dessert	De-stress with a Swiss crumble and custard	Finish with a healthy fruit salad	Indulge in lemon drizzle cake	Be content with chocolate chip shortbread	Wind down with gingerbread and fudge icing