

## **Personal Development**

## **Enrichment and Extra-curricular Opportunities**

Some of the enrichment opportunities that we hope to run post Covid include yoga and mindfulness sessions to support mental well-being

- Visit to Houses of Parliament and contact with local MPs and councillors
- Peace One Day
- Anti Bullying Awareness Week
- World Aids Day
- Esafety Day
- Restart a Heart Day
- Holocaust Memorial Day
- UK Parliament Week
- Amnesty International Club







