

# JANUARY BLUES WELLBEING ACTIVITIES 25<sup>th</sup>-29<sup>th</sup> Jan

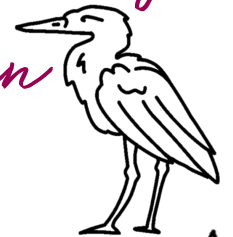
#JHSmovin'

#JHShealthy



#JHStogether

*This week is bird watch week  
We want to see the beautiful birds  
that you spot whilst out getting  
some fresh air while walking or  
in your own garden*



*Send your pictures into*

[wellbeing@jubileehigh.surrey.sch.uk](mailto:wellbeing@jubileehigh.surrey.sch.uk)

