

Healthy College Week – 1st to 5th April 2019

Schedule of Events

...Because Health Matters.

Date	Campus	Location	Event	Group/Organisations Attending Event
Monday 1st April 2019	Cauldon	Restaurants	Educate your taste buds	Healthy Menus available all week with a variety of Healthy themed menus with recipe cards
	Cauldon	Restaurants 8-9am	Free porridge	Free porridge available from 8am-9am - food for the brain and helping all to realise the importance of a healthy breakfast to start to the day.
	Cauldon	Sports Academy	Free Gym	Free Gym all week a induction has to be completed at a cost of £5 before commencing Only 6 free visits per day allowed at any one time.
	Cauldon	Sports Academy	Recreational Football 12.15pm to 1.15pm	Join in these recreational 5 a side football session. Come and meet your new teammates!
	Cauldon	Students' Union	10:00am-4:00pm Spin Bikes	Students and staff to clock up as many miles through-out the week in competition with opposite campus. Miles measured by fit bits. Campus with most mileage by 4:00pm on the Friday have a day of free pool at their campus the following Monday.
	Cauldon	Students' Union	Pool League 3:30pm-4:40pm	Open to all learners of any ability.
	Cauldon	The Hub Building H208/209	Large Group Tutorial 9.30am & 11am	Resilience -This workshop is designed to help students become resilient. Showing them how to spot and deal with danger areas in their own lives whilst looking forward in a positive and inspiring way.
	Burslem	Potters Restaurant	Healthy Eating Promotion	Healthy Menus available all week with a variety of Healthy themed menus with recipe cards

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	Burslem	Potters Restaurant 8-9am	Free porridge	Free porridge available from 8am-9am - food for the brain and helping all to realise the importance of a healthy breakfast to start to the day.
	Burslem	AO2 Lecture Theatre	Large group Tutorial 1.30pm	Resilience -This workshop is designed to help students become resilient. Showing them how to spot and deal with danger areas in their own lives whilst looking forward in a positive and inspiring way.
	Burslem	Students' Union	10:00am-4:00pm Spin Bikes	Students and staff to clock up as many miles throughout the week in competition with opposite campus. Miles measured by fit bits. Campus with most mileage by 4:00pm on the Friday have a day of free pool at their campus the following Monday.
	Burslem	Sports Hall	Basket Ball 12:30pm-1:30pm	A chance to take part in basketball activities lead by a coach for all abilities.
	Burslem	Reception A Block	Sexual Health drop in 12.30am -1.30pm	Drop in Areas for c-card, free sexual health information and advice.
Tuesday 2nd April	Cauldon	Restaurants	Educate your taste buds	Healthy Menus available all week with a variety of Healthy themed menus with recipe cards
	Cauldon	Restaurant 8-9am	Free porridge	Free porridge available from 8am-9am - food for the brain and helping all to realise the importance of a healthy breakfast to start to the day.
	Cauldon	Sports Academy	Tennis/Badminton 12.20pm to 1.20pm	Indoor tennis/badminton sessions supervised by qualified coach.
	Cauldon	Sports Academy	Fitness boot Camp 9am to 10am	Chloe is running an enjoyable introduction to circuit training in the sports hall. It will include a mixture of functional, body weight and HIIT training working individually and in small groups.
	Cauldon	The Hub Building H208/209	Large Group Tutorial 1.30	Resilience -This workshop is designed to help students become resilient. Showing them how to spot and deal with danger areas in their own lives whilst looking forward in a positive and inspiring way.

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	Cauldon	Sports Academy	Archery 4:45pm – 5:45pm	All equipment provided and expert tuition given.
	Cauldon	Students' Union	STAR 12:30pm- 1:30pm	Offering students support on young pregnancy, LGBT social groups, free condoms, contraception and sexual health testing.
	Cauldon	Hanley Park	Mini Fun Run Walk, jog, run?	Fun run for staff and students. A one mile mapped, timed run followed by healthy snack options for participants set out in the student union.
	Cauldon	Sports Academy	Free Gym Sessions 7am to 5pm	Come along and use a wide range of fitness and training machines in the college Fitness Suite. Only 6 free visits per day allowed together
	Cauldon	Students' Union	10:00am-4:00pm Spin Bikes	Students and staff to clock up as many miles through-out the week in competition with opposite campus. Miles measured by fit bits. Campus with most mileage by 4:00pm on the Friday have a day of free pool at their campus the following Monday.
	Burslem	Potters Restaurant	Healthy Eating Promotion	Healthy Menus available all week with a variety of Healthy themed menus with recipe cards
	Burslem	Potters Restaurant 8-9am	Free porridge	Free porridge available from 8am-9am - food for the brain and helping all to realise the importance of a healthy breakfast to start to the day.
	Burslem	Reception A Block	Walk and relax 12.30-1pm	Take a walk in the park with other students and a member of the college counselling team a chance to relax and unwind with a short structured 20/25 min walk in lovely surroundings.
	Burslem	AO2 Lecture Theatre	Large group Tutorial 9.30am and 11am	Resilience -This workshop is designed to help students become resilient. Showing them how to spot and deal with danger areas in their own lives whilst looking forward in a positive and inspiring way.

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	Burslem	Sports Hall	True Grit 12.30pm – 1.30pm	Circuit training, improving cardio and strength.
	Burslem	Dance Studio	Street Dance 12.30pm – 1.30pm	This is an exciting opportunity to follow Street Dance routines based around exciting dance music
	Burslem	Reception A Block	Full Sexual Health screening 12.30am -1.30p	Drop in Areas for c-card, free sexual health information and advice.
	Burslem	Students' Union	10:00am-4:00pm Spin Bikes	Students and staff to clock up as many miles throughout the week in competition with opposite campus. Miles measured by fit bits. Campus with most mileage by 4:00pm on the Friday have a day of free pool at their campus the following Monday.
Wednesday 3rd April	Cauldon	Restaurants	Educate your taste buds	Healthy Menus available all week with a variety of Healthy themed menus with recipe cards
	Cauldon	Restaurant 8-9am	Free porridge	Free porridge available from 8am-9am - food for the brain and helping all to realise the importance of a healthy breakfast to start to the day.
	Cauldon	The Hub Building H208/209	Large Group Tutorial 9.30am & 11am	Resilience -This workshop is designed to help students become resilient. Showing them how to spot and deal with danger areas in their own lives whilst looking forward in a positive and inspiring way.
	Cauldon	Sports Academy	Table Tennis/ Badminton 12.15pm to 1.15pm	Come along and take part in our Table Tennis sessions. All abilities welcome.
	Cauldon	Student Union Hub	Full Sexual Health screening 12am to 1pm	Drop in Areas for c-card, free sexual health information and advice.
	Cauldon	Fitness Suite	De-Stress and relaxation 10am to 11am 8 places	This will be an hour of total body relaxation and visual imagery. Included in this, will be positive affirmations regarding calmness relaxation and confidence.

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	Cauldon	Sports Academy	Free Gym Sessions 7am to 5pm	Come along and use a wide range of fitness and training machines in the college Fitness Suite. Only 6 free visits per day allowed at any one time.
	Cauldon	Students' Union	10:00am-4:00pm Spin Bikes	Students and staff to clock up as many miles through-out the week in competition with opposite campus. Miles measured by fit bits. Campus with most mileage by 4:00pm on the Friday have a day of free pool at their campus the following Monday.
	Burslem	Potters Restaurant	Healthy Eating Promotion	Healthy Menus available all week with a variety of Healthy themed menus with recipe cards
	Burslem	Potters Restaurant 8-9am	Free porridge	Free porridge available from 8am-9am - food for the brain and helping all to realise the importance of a healthy breakfast to start to the day.
	Burslem	AO2 Lecture Theatre	Large group Tutorial 1.30pm	Resilience -This workshop is designed to help students become resilient. Showing them how to spot and deal with danger areas in their own lives whilst looking forward in a positive and inspiring way.
	Burslem	Dance Studio	Boxing for Fitness 12.30pm – 1.30pm	This session gives you the opportunity to explore attack, defence, stance, guard and positioning as well as pad work.
	Burslem	Sports Barn	Futsal 12.30pm – 1.30pm	Come down and meet your team mates in a game of 5 a side football. Futsal is a great skill developer demanding quick reflexes fast thinking and pinpoint passing.
	Burslem	Kilnworx climbing centre	Climbing 2:30pm-4:00pm	A great opportunity for learners to get involved in a new hobby, learn new skills and meet new people. (Burslem students are expected to make their own way there).
	Burslem	Students' Union	10:00am-4:00pm Spin Bikes	Students and staff to clock up as many miles throughout the week in competition with opposite campus. Miles measured by fit bits. Campus with most mileage by 4:00pm on the Friday have a day of free pool at their campus the following Monday.

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	Burslem	B5	De-Stress and relaxation 1.30pm to 2.30 8 places	This will be an hour of total body relaxation and visual imagery. Included in this, will be positive affirmations regarding calmness relaxation and confidence.
Thursday 4th April	Cauldon	Restaurants	Educate your taste buds	Healthy Menus available all week with a variety of Healthy themed menus with recipe cards
	Cauldon	Restaurant 8-9am	Free porridge	Free porridge available from 8am-9am - food for the brain and helping all to realise the importance of a healthy breakfast to start to the day.
	Cauldon	Sports Academy	Basketball 12.15- 1.15pm	This session is open to all students and is suitable for players of all abilities from beginners to NBA stars!
	Cauldon	The Hub Building H208/209	Large Group Tutorial 1.30pm	Resilience -This workshop is designed to help students become resilient. Showing them how to spot and deal with danger areas in their own lives whilst looking forward in a positive and inspiring way.
	Cauldon	Lifestyle /Students Union	Sexual Health Drop In 12 noon -1-30pm	SSOTP NHS Sexual Health Services
	Cauldon	Meet at Reception Enterprise Hub	Walk and relax 12.30-1pm	Take a walk in the park with other students and a member of the college counselling team a chance to relax and unwind with a short structured 20/25 min walk in lovely surroundings.
	Cauldon	Sports Academy	Boxing for Fitness 12.30pm-1.30pm	This session gives you the opportunity to explore attack, defence, stance, guard and positioning as well as pad work.
	Cauldon	Sports Academy	Basketball 12.30- 1.30pm	This session is open to all students and is suitable for players of all abilities from beginners to NBA stars!
	Cauldon	Sports Academy	5-a-side Futsal League 4pm to 5.30pm	Futsal is a great skill developer demanding quick reflexes fast thinking and pinpoint passing.
	Cauldon	Student Union	Games Club 4:45pm-5:45pm	Come a long and meet like-minded people. Play board games, x box and pool. Bring a long your own games to

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				share if you have a favourite.
	Cauldon	Sports Academy	Free Gym Sessions 7am to 5pm	Come along and use a wide range of fitness and training machines in the college Fitness Suite. Only 6 free visits per day allowed at any one time.
	Cauldon	Students' Union	10:00am-4:00pm Spin Bikes	Students and staff to clock up as many miles through-out the week in competition with opposite campus. Miles measured by fit bits. Campus with most mileage by 4:00pm on the Friday have a day of free pool at their campus the following Monday.
	Burslem	Potters Restaurant	Healthy Eating Promotion	Healthy Menus available all week with a variety of Healthy themed menus with recipe cards
	Burslem	Potters Restaurant 8-9am	Free porridge	Free porridge available from 8am-9am - food for the brain and helping all to realise the importance of a healthy breakfast to start to the day.
	Burslem	Reception	Smoking Cessation Clinic 8:30am- 1:30pm	NHS Stop 4 Life
	Burslem	AO2 Lecture Theatre	Large group Tutorial 9.30am and 11am	Resilience -This workshop is designed to help students become resilient. Showing them how to spot and deal with danger areas in their own lives whilst looking forward in a positive and inspiring way.
	Burslem	Sports Hall	Badminton 12.30pm – 1.30pm	Come down and have a go at Badminton. All equipment provided. Supervised by qualified coach.
	Burslem	Students' Union	10:00am-4:00pm Spin Bikes	Students and staff to clock up as many miles throughout the week in competition with opposite campus. Miles measured by fit bits. Campus with most mileage by 4:00pm on the Friday have a day of free pool at their campus the following Monday.
	Burslem	Sports Hall	Cricket 4:30pm- 6:00pm	For all students of all abilities. Equipment provided.

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Friday 5 th April	Cauldon	Terrace Restaurant	Educate Your Taste Buds	Healthy Menus available all week with a variety of Healthy themed menus with recipe cards
	Cauldon	Terrace Restaurant	Free porridge	Free Porridge available from 8am-9am –food for the brain and helping to encourage healthy choices
	Cauldon	The Hub Building H208/209	Large Group Tutorial 9.30am & 11am	Resilience -This workshop is designed to help students become resilient. Showing them how to spot and deal with danger areas in their own lives whilst looking forward in a positive and inspiring way.
	Cauldon	Sports Academy	Dance 12:30pm-1:30pm	This session gives you the opportunity to learn new skills in dance. Learn to listen and dance to rhythm and improve co-ordination whilst learning a variety of dance routines. For all abilities.
	Cauldon	Sports Academy	True Grit Training	Circuit training, improving cardio and strength.
	Cauldon	Sports Academy	Badminton/ Table Tennis	Table tennis/ badminton sessions supervised by qualified coach.
	Cauldon	Terrace Restaurant	Smoking Cessation Clinic 8.30am to 1.30pm	NHS Stop 4 Life
	Cauldon	Sports Academy	Free Gym Sessions 7am to 5pm	Come along and use a wide range of fitness and training machines in the college Fitness Suite. Only 6 free visits per day allowed at any one time.
	Cauldon	Students' Union	10:00am-4:00pm Spin Bikes	Students and staff to clock up as many miles through-out the week in competition with opposite campus. Miles measured by fit bits. Campus with most mileage by 4:00pm on the Friday have a day of free pool at their campus the following Monday.
Burslem	Potters Restaurant	Healthy Eating Promotion	Healthy Menus available all week with a variety of Healthy themed menus with recipe cards	
Burslem	Potters Restaurant 8-9am	Free porridge	Free porridge available from 8am-9am - food for the brain and helping all to realise the importance of a healthy	

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				breakfast to start to the day.
	Burslem	AO2 Lecture Theatre	Large group Tutorial 1.30pm	Resilience -This workshop is designed to help students become resilient. Showing them how to spot and deal with danger areas in their own lives whilst looking forward in a positive and inspiring way.
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	Burslem	Sports Barn	Futsal	Futsal is a great skill developer demanding quick reflexes fast thinking and pinpoint passing.