



WICK HIGH SCHOOL

LEARNING - AMBITION - RESPECT

HEALTH & WELLBEING DAY - MAY 26TH 2025

Activity	Description
Board Games	Enjoy a relaxing couple of hours playing your favourite board games. Some will be provided or you can take your own!
Bowls	Try lawn bowls at the St Fergus bowling club!
Bracelet Making	Come along, chill, and get creative at our bracelet making workshop! You will have the chance to make personalised beaded bracelets, braided friendship bracelets or both!
Creative Writing/Reading	Come along to chill out with a book or spend some time on your creative writing skills. Books and prompts will be available if needed!
Darts	Are you the next Luke Littler? Find out with our school darts club!

Desktop Role Playing Games	Step into a world of imagination, teamwork, and adventure in this beginner-friendly introduction to tabletop roleplaying games like Dungeons & Dragons. You'll learn the basics, create your own unique character, explore how these games support wellbeing and creativity, and take part in a mini adventure where you make the choices. Whether you want to be a brave hero, a comic sidekick, or someone who talks to animals, there's a role for everyone. No experience needed—just bring your imagination.
Football	Football training and games for anyone interested in having a kick about!
Free swimming	We are able to offer fun swimming sessions in Wick Swimming Pool. Come along and swim a few lengths or just splash about with friends - we would love to see you!
Glass decorating	Unleash your creativity and paint a bespoke design onto a glass of your choice. Painting is a very relaxing, mindful activity which also allows for you to express your own design ideas. Examples of designs are available to choose from. At the end of the session you will have a glassware item to take home as a gift. All materials provided – if you would like to bring in your own glass item to paint, you are welcome to, but we have gathered a range of different glasses that you can choose from. Examples include jars, drinking glasses, candle holders, vases and glass coffee cups.
Golf - Beginners	We are running two sessions at Wick Golf Club which will last the full day: a beginners session and a session for more experienced players. Pick which best suits you!
Golf - Experienced players	We are running two sessions at Wick Golf Club which will last the full day: a beginners session and a session for more experienced players. Pick which best suits you!
Mandala Stone Painting	Mandala stones are meditative symbols that are created by painting smooth river rocks with intricate patterns of dots. The art and practice of creating the mandala is a form of meditation, a soothing ritual that allows the painter to express their creativity and find a sense of calmness.
Matilda Prop Making - Full Day	Come along and make important props and bits of the set for our school show!

Matilda Prop Making - Part Day	Come along and make important props and bits of the set for our school show!
Matilda' Rehearsal	This will be a chance for anyone involved in the show to have a full day of rehearsal. This is limited to people already involved but if you'd like to help make props or items of the set, choose that option instead, above.
Motorcycle Club	For pupils who are already members of the club and for any new ones. Come along and work on a motorcycle maintenance project for the full day!
Netball	Take part in our school's most successful sport!
Newton Croft Nature Walk	Explore the forest at Newton Croft taking in the wildlife and nature found there in a relaxing stroll round the trails.
Rox Fitness	Come along, have fun and improve your fitness in this exciting class! For those who don't know, Rox is a type of fitness based around short runs, lunges, weights and cardio. It's great fun and will make you feel amazing!
Rugby	Coaches from the Caithness rugby club will be taking you for some training and small games.
Squash	If you've never tried squash this is a great opportunity to try it and have some coaching at Wick Squash Club. If you've already played, come along and have some fun!
Tennis	Try tennis for the first time or come along and show your existing skills on the courts at the local Rosebank!
Yoga	Seek calm and a maximum mindfulness with a relaxing yoga session designed to energise your body and soul!
Zumba	You will be heading to the Assembly Rooms to take part in a fun packed dance fitness class complete with pumping music! No energy will be wasted!