



*Are you ready to rock?*

*We are again taking part in an exciting workshop which will include:*

- ✓ an inspiring message about self esteem*
- ✓ an original Health & Wellbeing song*
- ✓ professional sound and lighting equipment*
- ✓ singing, dancing, exercise, fun and more*  
*Dress code*  
*Your inner rock star or school uniform*



*When?*  
*Wednesday 25<sup>th</sup>*  
*February 2026*