

## Sample English with Health & Wellbeing Course Programme







Time	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0900 to 1030		English Lessons	English Lessons	English Through Lessons	English Through Lessons	<b>Lecture</b> (Intermediate or pre-intermediate level students have lessons instead)
1100 to 1230		English Lessons	Britain Today lessons	English Lessons	English Lessons	<b>English Lessons</b>
1230		Lunch	Lunch	Lunch	Lunch	Lunch
1330 to 1500		<b>1330 to 1415</b> <b>Weekly talk</b>  <b>1415 to 1545</b> Private tutorials or Guided Self-Study Support	<b>1330 to 1500</b> <b>Self-Study Support</b> A teacher is in the Self-Study room to help you  <b>1430</b> <b>Sports and Social Activities</b>	<b>Health &amp; Wellbeing lessons</b> (Nutrition 1 & 2, Yoga & Yoga philosophy)	<b>Health &amp; Wellbeing lessons</b> (Nutrition 1 & 2, Yoga & Yoga philosophy)	Free afternoon - Can use the Self Study Room, common rooms, garden or sports hall

- The School is open until 1700. Students can stay at school to use the garden, sport hall, computer room, self-study room or classrooms to continue their studies or just to socialise with their friends.
- The Pavilion is open from 1730 to 2100, Mondays to Thursdays for students. Here you can listen to music, watch a film, use the Sports Hall, play table tennis, board games or computer games, do your homework, play instruments in the Music Room, use the wi-fi or just relax.
  - There is a full social programme to take part in.
  - Adult students are aged between 16 and 80 years.
- The maximum English class size is 14. The maximum Health & Wellbeing class size is 16.









## Adult students: Winter Social Programme

- Where there is a \* there will be a member of staff on the activity/trip
- Activities & their timings are subject to change if necessary (e.g. weather, bookings)
- We normally need 8 people to run a trip and 6 people to run an activity

### JANUARY 2020

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
6 Jan.  Testing & course introduction		7 Jan.  1415 Orientation tour of Brighton*	8 Jan.  1900 to 2100: Welcome team challenges for staff & students. *	9 Jan. 1930 to 2200  Karaoke £2 *	10 Jan. 1315 to 1515 Conversation and visit to Emmaus. * Tea & cake optional	11 & 12 January <b>Saturday:</b> 0830 to 1930: Oxford. £25 * <b>Sunday:</b> 0830 to 1930 London £25 *
13 Jan. 1315: House Activity	1900 to 2130: Bowling. £12* 	14 Jan. 1415: Brighton History walking tour * £5 (free have bus ticket)	15 Jan.  1500 Baking. £4 Max. 10 pers.	16 Jan.  1900 Quiz evening. £1 *	17 Jan.	18 & 19 January <b>Saturday:</b> 0830 to 1930 Trip to London £25 * <b>Sunday:</b> 0830 to 1900 Salisbury & New Forest £25 *
20 Jan. 1900 to 2100 Benchball, table tennis and/or film. *	 	21 Jan. 1930: Local pub evening * 	22 Jan. 1500 Board game competitions 	23 Jan.  Eve: Card evening *	24 Jan.	25 Jan & 26 January <b>Saturday:</b> 0830 – 1830 Trip to Winchester £25 * <b>Sunday:</b> 0830 to 1930 Trip to London £25 *
27 Jan. 1930 to 2100 'Minute to Win it' House Activity £1 *		28 Jan. 1400 to 1530 Conversation and visit to garden centre. * Tea & cake optional	29 Jan. 1430 Art & Crafts and conversation £3 	30 Jan.  1900 to 2130 International Talent Show! *	31 Jan.	1 & 2 February <b>Saturday:</b> 0830 to 1930 Trip to Cambridge £30 * <b>Sunday :</b> 0930 to 1630 Trip to Chichester. * (£25)

### FEBRUARY 2020

MONDAY		TUESDAY		WEDNESDAY		Thursday		FRIDAY		WEEKEND	
3 Feb.  1445 Basketball*		4 Feb. 1430 Visit to Brighton Museum. * £9 (or £5 if have bus ticket)		5 Feb.  1930 Table tennis competition. *		6 Feb. 1900: Yellow House organise event activity for the school. £3 per person *		7 Feb.		8 & 9 February  See notice board for public trips – many available	
10 Feb.		11 Feb.  315: House Activity 1415: Volleyball *		12 Feb.  Eve: Open mic night in a local pub. *		13 Feb.  1930: Film *		14 Feb.		15 & 16 February Saturday: 1300 to 1530 Countryside walk £5 *	
17 Feb.		18 Feb.  1430 Art & Crafts & conversation * £3	19 Feb.  Eve: Karaoke at Loxdale £3 *		20 Feb.  1930: Local pub evening *		21 Feb.		22 & 23 February  See notice board for public trips – many available		