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JUNE 17-23



# BSA NATIONAL BOARDING WEEK

## DAY 1: MONDAY JUNE 17

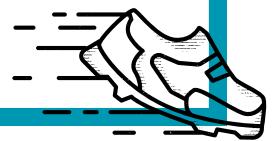
### Challenge: House step challenge

- Step up to the challenge and see which House can walk the most steps in a day
- Use a pedometer, fitness tracker, or app to count your steps
- Start the day early, and get those steps in around school
- Take the longer route to lessons or complete a couple of laps of the playing field to boost your numbers
- Take part in an after-school sport club or activity
- Submit your final step count at an agreed time to contribute to your overall House score
- If you're unable to track your steps, try participating in a different house activity like running a House yoga class, HIIT session or a swim relay - you decide!

Don't forget to tag and share your posts on social media using the hashtags **#NationalBoardingWeek** and **#iloveboarding**

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## DAY 2: TUESDAY JUNE 18

### Challenge: Sustainability Projects

- Find out about the sustainability projects in your school and how you can support them
- Work together to start up a new green initiative
- Work out the environmental impact of your food choices
- Get in touch to volunteer with a local environmental charity
- Plant wild flower seeds to encourage insects
- Go litter picking
- Try a 'big switch off' in your House for an hour to save energy - that includes phones!
- Plant a tree as part of the BSA Boarding Orchard initiative

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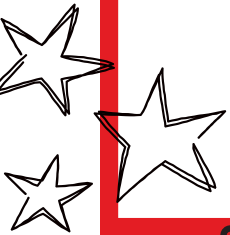
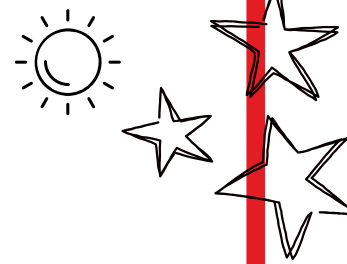


# BSA NATIONAL BOARDING WEEK

**DAY 3: WEDNESDAY JUNE 19**

## Challenge: Boarding House Quiz

- Select a House quizmaster
- Decide if there is a prize up for grabs for the winner
- Host your quiz via Kahoot, or do it the old fashioned way
- Get into small teams or take on the quiz alone!
- Challenge your house parents to get involved too
- Why not order in a pizza and some quick snacks for brain power!



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# BSA NATIONAL BOARDING WEEK

## DAY 4: THURSDAY JUNE 20

### Challenge: Get outdoors for Summer Solstice

- Celebrate the longest day of the year by getting outdoors for Summer Solstice, rain or shine!
- Take a break from screens and participate in outdoor activities instead
- Persuade a teacher to run a lesson outdoors
- Enjoy lunch alfresco in celebration of National Picnic Day
- Set up some outdoor House games on the field
- Try some outdoor meditation and tune in to the wildlife around you
- Volunteer to take the House dog for a walk
- Organise a House 'camp out' under the stars for the night
- Set up an easel outside and paint a school landscape

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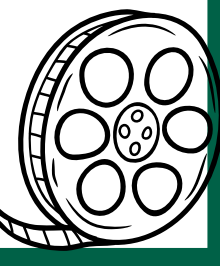
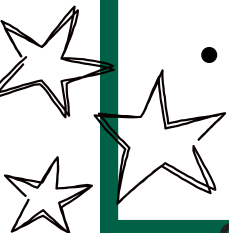
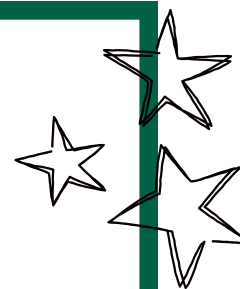


# BSA NATIONAL BOARDING WEEK

## DAY 5: FRIDAY JUNE 21

### Challenge: Film Festival

- Dress up as your favourite film characters
- Play a game of movie-themed charades or test your film knowledge with a movie quiz
- Serve up popcorn, sweets, and other classic movie snacks
- Become a film critic by watching a new film and writing your own review
- Create and produce your own short film about boarding life
- Re-enact your favourite scenes to see if friends can guess the film correctly



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# BSA NATIONAL BOARDING WEEK

## DAY 6: SATURDAY JUNE 22

### Challenge: Wellness and mindfulness

- Observe the small things which bring you happiness today
- Take five slow deep breathes between each lesson to help refocus
- Connect with nature and get plenty of fresh air
- Participate in a yoga session to relax the body and mind after a busy school day
- Take part in an activity which relaxes you or requires you to shift your focus e.g. reading, exercising, painting, singing or journaling
- Reduce your screen time
- Have an early night and encourage your school to become a BSA Sleep Champion!

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# BSA NATIONAL BOARDING WEEK

## DAY 7: SUNDAY JUNE 23

### Challenge: Thank a house parent

- Create a noticeboard in your House and write a note to thank a member of staff who has helped or supported you this year
- Write a thank you card to your house parents
- Record a short film for your house parents
- Think of a kind gesture, like baking your house parents a cake or offer to help them with any tasks
- Plan a nice surprise for a member of staff

*Thank  
You*

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