



21st June 2019

Dear Parents/Carers,

Wellbeing Week - Week Commencing Monday 24th June

Next week in school, the pupils will be completing activities alongside their usual curriculum to enhance their wellbeing. There will be a different theme for each day, based on the '5 Ways to Wellbeing' research available to view at www.mind.org.uk.

The activity theme each day will be:

Monday – to 'Connect'

Tuesday – to 'Take Notice'

Wednesday – to 'Learn'

Thursday – to 'Give'

Friday – to 'Be Active'

Our Week will end with the 'Be Active' theme which is when our sports day will take place. You will have already received details about the timing of sports day, which you are invited to attend, this information is also available on the Fridge Flyer which is on our school website.

We will also be revisiting the work previously completed in school on resilience. A parent guide to this is attached.

Throughout the week, photos of wellbeing activities will be available on our twitter feed for you to see.

Yours sincerely,

Miss H Pugh
SENCo and
Wellbeing Lead