



27th January 2020

Dear Parents/Carers

'Wellbeing Week 2020' - 3rd - 7th February 2020



For this year's theme **Find our Brave**, Place2Be is asking everyone to think about what makes them feel brave.

Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone. Finding your Brave can build your confidence, self- esteem and make you feel good about yourself.

Life often throws challenges our way. Bravery isn't about coping alone or holding things in. It's about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself.

As part of this Children's Mental Health Week, we will be addressing the theme of Bravery in school but have arranged some wellbeing activities for the children and also for you to participate with too! Your children will be learning, exploring and developing their physical and emotional health, and it is a fantastic opportunity for children, teaching staff and relatives to join in and have lots of fun! Please see the attached timetable for more details.

Friday 7th February will be a non-uniform day.

We will be using some of the money raised by the hugely successful enterprise projects to make a donation to the charity 'Anna Freud National Centre for children and families.'

We are looking forward to this week and appreciate your continued support. We hope to see everybody taking part.

Yours sincerely

Katherine Flegg
SENCO

Headteacher: Mrs Leonore Fernandes

The Federation of St. Joseph's Catholic Junior, Infant and Nursery Schools

Infants & Nursery

Crown Dale, London SE19 3NX

T: 020 8670 2385 F: 020 8670 0420

E: amcleary@st-josephs-inf.croydon.sch.uk

Juniors

Woodend, London SE19 3NU

T: 020 8653 7195 F: 020 8653 0807

E: office@st-josephs-jun.croydon.sch.uk

***Please complete and return to school by Thursday 30th January 2020**

Due to safeguarding we will not be able to admit you to any of the activities below if you have not returned your form.

Childs Name _____

Class _____

Activity	Purpose	Date	Location	How many family members would like to participate?
Run for Fun!	Blow away those cobwebs and get active. Exercise is good for your body and mind!	Wednesday 5 th Feb (Infants) Thursday 6 th Feb (Juniors) Friday 7 th Feb (All) 9:00am- 9:30am after drop off. Please dress appropriately for the activity	School field	
Toast and Read	Spend quality time listening to your child read whilst enjoying a slice of toast!	Wednesday 5 th February (Juniors) Thursday 6 th Feb (Infants) 8:15am – 8:50am	Junior / Infant School Hall	
Have Lunch with your child	Enjoy lunch with your child and	Wednesday, 5 th February (Juniors) Thursday, 6 th February (Infants)	Junior/Infant Hall	Please pay via parent pay £2.20 per adult meal
Stay and Play	Connect with your child over a board game.	Thursday, 6 th February 2.00 – 3.00 (Y6) Friday 7th February 11:00 - 12:00pm (Nursery) 2:00pm – 3:00pm (R – Y5)	Your child's class	(Maximum 2 for 'Stay and Play')