

Dear Parents/Carers,

It is WELL-BEING WEEK 6th –9th February 2023.

We believe that mental health and wellbeing is the basis for a happy and successful life at school and beyond. Wellbeing plays a key role in our school ethos, and shapes our policies and procedures implicitly and explicitly. We strive to improve the wellbeing of our students, staff and everyone in our school community, seeking to build resilience, identify and monitor concerns, and support children and families who face challenges. During the week, classes will take part in activities that will foster an understanding of their feelings and emotions, mental & physical well-being and mindfulness.

We will be running Well Being raffles for children, parents and staff during the week. The children will earn their tickets throughout the week by showing our school values. Parents will be given tickets based on the children writing nominations for their parents/carers and we will be running a staff 'shout out' where staff can nominate others for their hard work. Prizes will be announced after the karaoke session on Thursday afternoon.

Please look at the timetable on the next page, we would love for you to join your children with some or all of the activities.

We look forward to you joining us and taking part in the various well-being activities. This would be a great opportunity for you to support wellbeing and perhaps carry out further activities as a family at home.

Yours sincerely,

Miss Ugbo (PSHE lead)& Mrs Phillips (Well-being lead)

	<u>Monday 6th</u>	<u>Tuesday 7th</u>	<u>Wednesday 8th</u>	<u>Thursday 9th</u>
Join in with the early morning activities	Early morning reading (For parents & children) 08:30 - 08:45 Junior hall	Early morning exercise (For parents & children) 08:30 - 08:45 Junior hall	Early morning reading (For parents & children) 08:30 - 08:45 Junior hall	Meditation (For parents & children) 08:30 - 08:45 Junior hall
Attend a morning session for parents		Yoga and refreshments in the Garden Hall 09:00 - 10:15		
Attend an afternoon session with your child to take part in an art activity.		Abstract painting activity (For parents & children) 14:00 - 15:00 Junior Hall	Abstract painting activity (For parents & children) 14:00 - 15:00 Junior hall	Abstract painting activity (For parents & children) 14:00 - 15:00 Infant hall
Join your child for creative and fun activities	Come to class for art – creating positive message posters to be displayed around the school site 14:00 - 15:00			Karaoke in the Junior Hall 15:00 - 16:00 Raffle prizes announced