

Headteacher

John Galvin

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4th November 2025

Dear Parents and Carers,

We are excited to let you know that on Friday 14th November, we will be holding a "Five Ways to Wellbeing Day" in school.

The day is designed to support and strengthen your child's mental health and wellbeing through a variety of fun, engaging activities based on the Five Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning, and Give.

We are delighted to welcome Debbie Stevens, who will be delivering the sessions throughout the day. Debbie will guide the children through a range of activities designed to help them explore what it means to look after their mental and emotional wellbeing.

All children will take part in the sessions during normal school hours. Please ensure your child comes to school in their PE kit, as some activities will involve movement.

Please complete and return the attached consent form to the school office by **Wednesday 12th November**.

Thanks.

Yours sincerely

A handwritten signature in cursive script that reads 'Emily Stedman'.

Miss Stedman
Elm Class Teacher