

Headteacher

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16th May 2024

Dear Parents,

Next week will be Wellbeing Week at school. The focus of this week is to equip children with useable strategies and ideas to positively influence their mindset in difficult situations as well as getting them to think about their own wellbeing. Children will be thinking about the powerful effects of diet, exercise, music and being outdoors. We hope that alongside engaging with proactive strategies children will also start to think about developing resilience and their own reactions to challenges.

Each class will be undertaking different activities each day, planned by staff in collaboration with children. On top of this, our week has been generously supported by SODT bakery in Hampers Green who are providing us with bread every day, so the children can share a breakfast with their friends and teachers. If you do not wish your child to have bread or toast each morning, please let the Office know.

Our Thought-full workshops wrap up next week and the final session is on the theme of Resilience and will come with many proactive tips and techniques - do come along even if you have not managed to make any of the others.

Our Thought-full teacher, Fliss, will be on the KS2 gate on Wednesday morning should anyone want to see her about mental health or wellbeing issues with their child, and Mrs Wiggs (Senior Mental Health Lead at school) will be available on KS1 playground, all week.

A flyer will be sent home at the end of the week outlining some of the things children have found to have a positive impact on their wellbeing as well as some ideas for use at home.

Please keep an eye out for any specific information from your child's class teacher.

With thanks

Yours sincerely

A handwritten signature in black ink that reads 'Clare Wiggs'. The signature is written in a cursive style with a horizontal line at the end.

Clare Wiggs
KS1 Lead
Senior Mental Health Lead