

Headteacher
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16th May 2024

Dear Parents/Carers,

The week beginning **Monday 20th May** is Wellbeing Week. During this week, the focus will be on encouraging the children to explore what makes them feel good and ways that we can promote positive wellbeing.

Each class will be participating in many different activities across the week. Please see below more details about Rowan Class' week, and any details you need to know to make the week a success.

On **Monday 20th** we will be having a 'Treat People with Kindness' afternoon. For this day, please could your child wear an outfit that makes them feel good. They could dress to impress, go all out with the glitter, or wear their favourite clothes. We will not be getting messy this day but please be mindful the children will still be playing outside etc.

On **Tuesday 21st** Mrs Groves will be having a 'biscuit, books and bedtime' afternoon. Please bring in your PJ's, your favourite book and a blanket/teddy, ready for a lovely relaxing afternoon!

On **Wednesday 22nd** we will be preparing for our afternoon on Thursday. You do not need to bring anything in for this day.

On **Thursday 23rd** we will be having a 'Random Acts of Kindness' afternoon. We will be heading into Petworth town to litter pick, deliver cards, sing songs and make other people's days a little brighter. If you would like to come with us for this, please let Miss P-H know.

On **Friday 24th** we will be participating in West Sussex Music Service's Little Sing, taking part at our school. You do not need to bring anything for this, except your glorious singing voices!

The days will be filled with many more exciting activities that I am sure your children will tell you all about. Please be aware we will also be making healthy snacks every day to promote healthy eating as part of wellbeing.

Thank You.

Yours sincerely

A handwritten signature in black ink, appearing to read 'P-H', written in a cursive style.

Miss P-H
Rowan Class