

Headteacher
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16th May 2024

Dear Parents/Carers,

The week beginning 20th May is wellbeing week, at school. As a school we will be encouraging children to explore what makes them feel good and ways we can promote positive wellbeing. In order to teach them strategies to improve their wellbeing on their own.

Each class will be participating in their own wellbeing-based activities. Please see below Oak Class's overview for the week:

On **Monday 20th May**, we are going on our trip to the beach. The letter has already been sent out regarding this.

On **Tuesday 21st May** and **Wednesday 22nd May**, we will be participating in smaller wellbeing-based activities as part of our self-initiated.

On **Thursday 21st May**, I am inviting children to bring in a bike or scooter from home for that day. The children **MUST** bring in a helmet in order to ride bikes and scooters on our playground. If you do not have a bike or scooter at home our school bikes will still be available to be used. If the weather is looking bad we will choose a different day during the week. You will be notified of this through MCAS.

On **Friday 24th May**, I invite children to bring in their teddy bears for a teddy bear picnic. I would like to ask for contributions from the parents that are foods that promote your wellbeing that can be shared with the rest of the class, in line with our school's nut-free policy.

I look forward to a week filled with mindfulness and fun.

Many Thanks.

Yours sincerely,

A handwritten signature in blue ink that reads 'Mlenharth'.

Megan Lenharth
Early Years Teacher