



Dear Parents/Carers,

We're delighted to let you know that your child/ren will be taking part in a special **5 Ways to Wellbeing** day.

The day will be delivered by **Debbie Stevens Wellbeing Community Interest Company** and their team of wellbeing experts, thanks to funding support from Chichester District Council. Together, we'll be bringing the programme into schools to help children explore and strengthen their mental health and wellbeing.

The **5 Ways to Wellbeing** are simple, practical actions identified by the NHS and government research to support positive mental health:

Connect, Take Notice, Be Active, Keep Learning, Give

Through fun, interactive activities, the children will discover how these five steps can make a real difference to how they think, feel, and look after themselves and others.

Practical details:

- Please send your child to school in their **P.E. kit**.
- We would love to take photographs of the children enjoying the day. These may be used to celebrate the project and promote positive mental health through:
 - School, Debbie Stevens Wellbeing, and Chichester District Council websites and social media
 - Printed materials such as leaflets, booklets, and posters
 - Displays and exhibitions beyond the school premises

Please complete the permission slip below and return the form to the school office by **Wednesday 12th November 2025**. Photos may be used for between three and ten years from the date of signing.

Thank you for supporting this valuable programme. We are excited to give the children this opportunity to learn, grow, and have fun together.

Parent/Carer Consent & Information Form

Child's Name: _____

Learning Support Needs: _____

Photo Permission:

☐ Yes, I give permission for my child's photo to be used.

☐ No, I do not give permission.

Signed (Parent/Guardian): _____ **Date:** _____

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