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Learning Together for Life

Wednesday 20th June 2018

Dear Parent/Carer

Wellbeing Day

As a school we are actively encouraging children to take care of themselves. With this in mind, the PSHE team have organised a 'Wellbeing Day' on Tuesday 26th June for all children.

The idea of the day is to share with the children positive and practical ways in which they can prioritise their own mental wellbeing. The general message is that 'in the same way we look after our body, we can look after our minds too'.

Throughout the day there will be various activities that will encourage children to relax and take care of their minds. The activities involved will be relaxation, physical and creative.

We are looking forward to the day and helping children discover that they can begin to take control of their own wellbeing.

Yours sincerely

Personal Social Health and Education Team

Our Key Values: Caring, Honesty, Commitment to Achieve, Fairness, Co-operation, Respect



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