

Dear Parents/Carers,

### Wellbeing Week - 10th February to 14th February

We are excited to share with you some of our plans for our Wellbeing Week, which is taking place during the last week of Spring Term 1.

On Monday 10th February, PE will have a wellbeing theme with Mr Troman. KS2 will then take part in a fun sports tournament with Mr Troman at lunch time. There will also be a mindfulness colouring club at lunch time. We will also have a colouring and drawing competition across the week. This will be judged on Friday 14<sup>th</sup> February and the winner will be announced at 3:00 PM during worship.

On Tuesday 11th February, the children will have a non-school uniform day with a theme of 'wear what you love'. This is a Friends of School event, where children will donate rainbow sweets in payment for their non-uniform day. Please see the FoS poster for further information. There will also be some lunch time sports activities for KS1, which will be run by play leaders. The children will also be able to eat their pudding before their main, similar to our previous break the rule day.

On Wednesday 12<sup>th</sup> February, we will have our Wellbeing Wednesday bubble machine out and an extra disco at lunch time. The children will then do buddy reading in the afternoon. This is something that our Wellbeing Ambassadors really wanted to do as part of wellbeing week and we adore how much the older children like to support our younger pupils.

On Thursday 13<sup>th</sup> February, we are so lucky to have Nick Boyland back with us (from the local band The I.O.U's) for a live performance. We are so grateful to him for giving up his time again. At lunch time, our wellbeing ambassadors will be running a treasure hunt. The children will use a treasure map to search for wellbeing themed words on the playground site. The children will then enjoy a movie afternoon and some baking, alongside some mindfulness colouring and drawing.

On Friday 14th, we are very fortunate to have a Circus Skills Workshop arranged for the children. This activity has been chosen by our year 6 girls and will be delivered by Lucy from Dance Fusion Circus. The children will enjoy some dancing at lunch time with the instructor, alongside DISCO FRIDAY! Friends of School will then run their rainbow sweets tombola in the school hall at 3:30 PM.

We want to say thank you to all volunteers who are coming in to help us with all of the above. As a school, we are so passionate about supporting children with their mental health and we feel that they will really benefit from all of the activities we have planned.

Yours Sincerely,

Natasha Cloud and Donna Grabham

Wellbeing Ambassador and PE Coordinator



The HAPPIEST  
PEOPLE don't  
have the BEST  
of everything, they  
MAKE the BEST  
of EVERYTHING.  
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