

## A plea for parent help

Dear Parents,

During the week beginning the 13<sup>th</sup> June 2022, we will be taking part in a Wellbeing Week at school. The aim of this week is to provide the children with the tools and knowledge to help manage their own mental health day to day. Each day will focus on one of the five ways to wellbeing; Connect, Be Active, Take Notice, Learn and Give. We would like to provide the children with a wide range of focus activities that could help to inspire children to take note of their own wellbeing and encourage them to take steps to improve how they are feeling. We are looking for volunteers that would be available to come in to the school and provide a fun activity for the children to take part in.



A few examples of activities are;

- Any fitness based sessions e.g Yoga, Zumba, Football skills, Pilates, Hockey, Badminton, Hula Hooping etc
- Obstacle course equipment to hire
- Local charity connections
- Local Artists to run sessions
- Lego classes
- Mindfulness coaches
- Musicians/ singers to teach the children a new skill
- A range of languages to teach the children in class based sessions
- Video links to local organisations
- Chess coaches
- Knitting, crochet, sewing
- Baking
- Bird spotting
- Upcycling
- Decoupage
- Scrap booking

These are just a few examples but we would really like to hear of any other interesting skills that you think the children might enjoy taking part in.

If you are able to help or have any ideas please complete this [form](#) by midday on **Monday 21<sup>st</sup> March** and we will be in touch once we have looked at all the offers of help and ideas.

We are excited for these wonderful opportunities.

Mrs Murphy and Mrs Davis.