

Thursday 27th January 2022

Dear Parents/Guardians,

Wellbeing Week Tuesday 1st – Friday 4th February 2022

Next week, from Tuesday 1st February – Friday 4th February, we will be holding our ‘welbeing’ week with a focus on self-care. Throughout the week, we will be looking at things we can do to look after ourselves, focusing on the 3 ‘M’s – Music, Movement and Make it.

Children will be listening to different pieces of music and noting their responses (does it calm or energise?). They will also be trying short bursts of exercise, noting the impact on their moods.

To end the week, the children will be creating a piece of art work, making a response to their experiences during the week. We would also like to invite the children to wear bright colours instead of their school uniform on **Friday 4th February** to flood the school with bright, cheerful colours. Please note that the children are taking part in a craft activity, so don’t send them dressed in their most favourite outfit in case of accidents! Please do not buy anything special for this event, school PE house team colours are always an option! There is no donation request for this event.

Many thanks,

Claire Branscombe

Inclusion Manager and SENDCo

