

Woodthorne Primary School
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Dear Parent/Carer

On Friday 9th October, we will be promoting well-being and good mental health in school as part of World Mental Health Day. Across the school, we have planned a range of well-being activities for the children to take part in throughout the day, whilst staying within their year group bubbles, to encourage physical activity, talking about feelings and emotions, creativity and mindful relaxation.

All children are invited to come to school in brightly coloured, comfy clothes for a cash donation. Any money that we collect will be spent on mental health resources to be used in our school. We used the money that we raised last year to help us to resource 2 well-being rooms that we now have in school – Cosy Corner (KS1) and The Den (KS2). This year we would really like to start to work on an outdoor sensory area to be used by pupils across the school.

Weather permitting, all of the pupils will be taking part in a 'walk a mile' and outdoor activities, so need to have a pair of wellies or a spare pair of shoes/trainers and a waterproof coat they can wear for our walk on the field.

Yours faithfully,

The Inclusion and Wellbeing Team