

Woodthorne Primary School
Woodthorne Road South
Tettenhall
Wolverhampton
WV6 8XL



Email: woodthorneprimaryschool@wolverhampton.gov.uk

Web: www.woodthorneprimary.org

Headteacher
Mr T Hinkley

Chief Executive Officer
Mrs A Cheema OBE



Part of Perry Hall Multi-Academy Trust
Company Number: 08566185

Tel: **01902 921160**

Tuesday 18th July, 2023.

Dear Parents and Carers,

We are excited to be able to offer a new programme in school, in the new academic year – START Wellness. The class will take place on Friday mornings in our KS 1 Hall 8am – 8.50am. It is open to all children in Years 1-6, with 30 spaces being available in this 1st instance.

Magical MC CIC's Six Week 'START WELLNESS' programme is unique in that it helps children develop all areas of health. Physical, Mental and Social.

When children develop all areas of health we believe they are able to maximise the many opportunities that come into their lives.

S **STRETCHES**

- Flexibility
- Range of Motion
- Stress Relief

T **THANKFULNESS**

- Happiness
- Relationships
- Self-Esteem

A **AEROBICS**

- Energy Levels
- Emotional Wellbeing
- Immune System

R **RELAXATION**

- Focus
- Self-Awareness
- Decreased Anxiety

T **TALKING**

- Communication
- Confidence
- Social Skills

WELLNESS

Please contact us if you would like to find out more about the work we do or would be interested in collaborating with us

info@mmcoach.co.uk www.mmcoach.co.uk 07931347142

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Places are available on a first come, first served basis via Parent pay and cost is £3 a session. Classes run for 6 weeks and will commence on Friday 15th September.

Kind regards,

Mrs. Pocock