

31 January 2022

Dear Parents/Carers

We are hoping to start a Mental Health and Well-Being Club for key stage 2 children which will be led by Miss McGhee one of our student teachers. The club will run on Thursday's starting 3 March for 6 weeks.

As part of the club children will take part in activities that will include:

- Yoga
- Meditation
- Making our own stress ball
- Playing board games

If your child would like to take part in the club, please complete the slip below and return to the school office by Thursday 3 February. Please note, as spaces are limited, places will be allocated on a first come first served basis to the first 20 children.

Children must be picked up promptly at 4:15pm from the main school office.

Yours Sincerely



Mrs L Hadfield
Principal

KS2 Mental Health and Well-Being Club

Child's name _____ Class _____

My child can take part in the Club on Thursday's 3:15pm – 4:15pm []

I have made arrangements for my child to be collected from the session []

My child may need to use an inhaler during the session []

Other medical conditions the teacher may need to be aware of

Signed _____ (Parent/Carer) Date _____

Please complete and return this reply slip to the school office by Thursday 3 February