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**Headteacher: Mrs Debbie Field**

**“Where learning has no limits”**

31st January 2021



Dear Parents / Carers

Welcome to Children’s Mental Health Week

‘Express Yourself’

During this week children will be given different activities to focus on their wellbeing and positive mind set. To kick start the week there will be a National online assembly from the Oak academy – links will be sent to individual classes.

**Wednesday is a non-screen day**! We feel this is important to get children away from looking at screens and explore other things to do. We actively encourage you to do this – children in school will be participating.

**Headteachers’ celebration of Mental Health week**

Zoom Friday 2.30pm 5518229025 PW: 3xEdWS

This is will also be a non-school uniform day for children in school – theme – ‘Express Yourself’

 Alice will continue with her Fitness / Relaxation sessions this week.

Reminders of times:

**Wednesday Badgers** class – 1.30pm – 2.00pm (although this is accessed through a screen we consider it fitness / relaxation – very appropriate to children’s wellbeing)

**Thursday Owls** class – 1.45pm – 2.15pm

**Hedgehogs** 2.30pm – 3.00pm

**Friday Foxes** class – 2.00pm – 2.30pm

The codes are the same for ALL of the above on Zoom:

**Meeting ID: 551 822 9025**

**Passcode: 3xEdWS**

 Rev’d Gaenor will continue with her Zoom Worship this Monday. This will be to all children in school and to those at home. Monday at 2.40pm – for a 2.45pm start.

Meeting ID: 828 6844 4812

Password: 529520

I hope lots of you can join us again.

By now you will have already heard the Government announcement of all our children not returning to school until at least 8th March. A further briefing on this will be round about 22nd February. Although this is disappointing as we want to see everyone, it is vital that the safety of staff and our pupils is paramount. We will of course continue to support you all through this time in every way possible.

**Enjoy your week – trying out some wonderful wellbeing activities**

**Debbie Field**

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