



St. Mary's Catholic Primary School

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2nd February 2024

Dear Parents/Carer,

Next week is Children's Wellbeing Week. The theme is, 'My Voice Matters'. We are looking to raise awareness of wellbeing in school by having a Wellbeing Day. This will be held on Friday 9th February 2024. The day will include lots of different activities for the children, where they can build their resilience through Commando Joes, take opportunities to develop different breathing strategies, a range of art activities and sharing stories linked to wellbeing. We will share the photos of the day on our school website and social media so please keep checking to see what is happening in school.

After speaking to the children, there will be a special menu on this day with their favourite foods, which will include burgers (meat and vegetarian) or macaroni cheese.

We would like to invite the children into school in non-uniform for this day. The theme is to wear something that makes you happy, for example a certain colour or your favourite jumper. You can wear football tops and jewellery but please remember there is swimming for year 4. We would like to ask for a donation of £1 and any donations will be spent on resources/trips for the children.

Kindest Regards

Mrs J Colley
Deputy Head Teacher



Better Health
at Work Award
Continuing Excellence



Artsmark
Silver Award
Awarded by Arts
Council England



Building
stronger
families



Our breakfast club is
supported by the charity
**magic
breakfast**
fuel for learning

