



Archdiocese of Birmingham
Our Lady of Grace Catholic Academy
Principal: Mrs S Rathbone, BA (Hons) NPQH
Woodland Street, Biddulph, Stoke-on-Trent, Staffordshire, ST8 6LW
Tel: 01782 512644
E-mail: office@olognewman.co.uk
Website: <http://www.ourladyofgraceacademy.co.uk>

Friday 13th March

FS and KS1 Well-being Watch me Learn



Dear Parents and Carers,

We are pleased to invite you to attend a 5 Ways to Wellbeing – FS and KS1 Watch Me Learn session alongside your child, delivered by the Mental Health Support Team (MHST). This will take place on Thursday 19th March from 9:10am-11am.

This session is designed to help children build positive wellbeing habits through simple, practical activities focused on the 5 Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning, and Give. By taking part together, you'll be able to see how these ideas can be introduced and learn ways to support your child's emotional wellbeing at home.

The session will be relaxed, interactive, and suitable for all children in FS and KS1. There is no expectation to share personal information, and parents are encouraged to simply observe, join in, and enjoy learning together. All pupils from our FS/ KS1 classes will be involved in the morning along with parents and school staff.

If you would like to join the session then please register your attendance on Arbor by Monday 16th March at 9am. Places will be capped to 10 parents/carers per class.

We look forward to welcoming you and working together to support your child's wellbeing.

Kind regards,

Mrs Davis
Head of School