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Five Ways to Wellbeing

Dear Parents/Carers,

As you are aware, children's wellbeing and mental health is at the forefront of our curriculum as the children have returned to school. As a school, we have previously looked at the Five Ways to Wellbeing as a way to encourage the children to be active in ensuring they have a healthy mind. The five ways are:

- connect
- give
- be active
- keep learning
- take notice

I have started a display in the cloakroom promoting the Five Ways to Wellbeing and would like your help in giving the children new ideas of things they can do. If you or your child recognise something you/they have done to promote a healthy mind I would be grateful if you could send in a picture or a short message so that we can add it to our board and give other children alternative ways to wellbeing. Please email any pictures or messages to victoria.asker@west-tanfield.n-yorks.sch.uk

We look forward to seeing all the fantastic things that we know you do at home to promote a healthy mind. Keep an eye on the website for photos of the display as it grows.

Thank you in anticipation of your help.

Miss Asker