



FIVE WAYS OF WELL-BEING

29th April 2020

Dear parents/carers,

At school we are continuing our focus on the five ways of well-being: Connect, Keep Learning, Take Notice, Give and Be Active. We know how important this is for children. We are fortunate that the weather is improving, clubs have started and there are more opportunities for children to be active at present. Tomorrow the children take part in the National Daily Mile in their classes too.

We have been given some information leaflets from *Change 4 Life* regarding fun ways to be active which we will share with children. *Change 4 Life* have teamed up with Disney and Pixar characters to create games and challenges. They are 10 minute bursts of fun that will really get your children moving. We know many of our children love being active and taking a challenge. I hope some of the activities interest your child. Some can be done at playtimes at school but there may be activities they might like to do at home too. There are many more to select from on the *Change 4 life* website too: <https://www.nhs.uk/10-minute-shake-up/shake-ups>

Enjoy being active!

Zoe Avastu

Headteacher