



Wombwell Park Street Primary School

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Executive Headteacher: Mrs G Foster-Wilson

Headteacher: Mrs C Lawson

Deputy Headteacher: Mrs L Longden

Thursday 8th October 2020

Dear Parents and Carers,

Wellbeing Week

Next week, our school will be holding a mindfulness week to help highlight the importance of mental wellbeing and fundraise for the charity Scope. Scope is the disability equality charity in England and Wales and campaigns relentlessly to create a fairer society for disabled people and their families.

Throughout the week classes will be involved in activities provided by Scope based around their mindfulness monsters. This is an excellent way of helping children to learn about the importance of looking after their mental health. Mindfulness is the practice of staying in the present and paying attention to your thoughts and feelings. Taking the time out to consider your thoughts and feeling can help you with creating a sense of calm and focus.



Each activity is inspired by mindfulness and comes with all its amazing benefits for children and the whole family alike. Mindfulness can help improve resilience in daily life, concentration, understanding of emotions, ability to relax and positive thinking.

In return for providing support for schools and for highlighting the importance of children's mental wellbeing, we would like school to do some fundraising by having a non-uniform day on Friday 16th October.

If you would like to donate to Scope you can do this directly on their website; <https://www.scope.org.uk/donate/> or you can send a donation of £1 with your child on Friday 16th October and school will send your donations to Scope on your behalf.

We are looking forward to learning more about mindfulness next week and the opportunity to do something together as a whole school community which we feel is much needed at this time.

Thank you for your support,

Yours sincerely,

Mrs Lawson
Headteacher

Wombwell Park Street Primary School is proud to be part of



Every Child Matters Academy Trust
Children at the heart