



High Peak Federation



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Thornsett and Newtown Well-Being Wednesdays

Dear Parents,

As we all know, our children thrive when they feel happy and settled. Supporting and promoting well-being and good mental health is an incredibly important part of our Federation's ethos, so we have decided to introduce WELL-BEING WEDNESDAYS.

Each Wednesday, we will upload something on to the school jotter that is directly linked to promoting good mental health. This might be ideas of activities, exercises or tips for easy ways to help our children's (and our own) well-being.

In school, the children have PSHE and RSE lessons, which explicitly teach the importance of good mental health, and strategies to help this. We also partake in national agendas such as Anti-Bullying Week and Mental Health Week. We aim to support the children on a day-to-day basis through our RESPECT curriculum and general ethos. We hope that our school community find our Well-Being Wednesday ideas helpful and fun to do at home.

As always, thank you for your continued support.

Mrs Tong, Mrs Holt and the High Peak Federation Team.

