



# Moat Farm Infant and Nursery School

and Lavender Farm Nursery

Headteacher: Mrs. D. Walker

Lavender Farm Nursery Manager: Mrs S. Stevens



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Saturday, 20 November 2021

Dear Parents,

On week beginning Monday 22<sup>nd</sup> November we will be having a well-being week in school. The aim of well-being week is to provide children with the tools and knowledge to help them manage their mental health.

As the past couple of years have been particularly hard for our children we hope that during well-being week we can support the children to build up resilience, coping skills and be able to regulate their emotions and self-care.

Throughout the week your child will take part in a number of activities that will promote well-being through using creative activities, physical activities, mindfulness activities, group discussions and lots of fun.

For us, well-being is promoted at all times in school and children are actively encouraged to talk to their teachers if they have any worries or concerns.

Yours sincerely,

Miss Skidmore

Assistant Head Teacher/ SENCO

