

St Bartholomew's C of E Primary School



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4th January 2023

Dear Parents and Carers,

An ongoing priority for us all at St. Bart's is the health and wellbeing of our children, staff and families. On Friday 20th January, we are pleased to host a wellbeing coffee morning for our parents and families. We will be joined by Jo Bradley who will provide tips and strategies on positive mental health practices and emotional awareness for ourselves and our children. The coffee morning will start at 8:45 and finish promptly at 9:30am, in order for PE lessons to resume.

Please use the front entrance of school to access the hall where it will take place. If there are any specific issues you would like support with, you can email them to Mrs Oakland (soakland@st-bartholomews.leics.sch.uk) in advance or feel free to bring them along on the day. These can hopefully help us shape any future support we may be able to offer to the community. Children in classes will also be consistently practising and prioritising ways to keep themselves as healthy and happy as possible this term.

Please feel free to have a look at Jo Bradley's website, which we will be using to help us prioritise the health and wellbeing of our school community.

www.learnful.co.uk

Many thanks for your ongoing support,

Mrs Oakland

