

Edward Peake C of E (VC) Middle School

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Dear Parents/Carers

Wellbeing Day

Following on from the success of last year's Pupil Wellbeing Day, we will be holding the next Wellbeing Day on **Wednesday 15 March 2023**.

This day is an opportunity for pupils to engage in a number of different activities that will provide them with the knowledge, skills and tools to support them in managing their mental health and wellbeing

To ensure that the event is even bigger and better than last year, we have approached a number of charities and organisations we would like to participate. We are hoping to offer yoga and meditation, singing, beatboxing, animal encounters, drama workshops and much more!

To secure the bookings we are being asked to make donations to the charities and organisations. It is not possible to meet these costs from the resources ordinarily available within the school and we are therefore politely asking for a **£5.00 voluntary contribution** per pupil.

We greatly value all contributions made by parents/carers, each making a significant difference to every pupil in the school.

Yours sincerely

Mrs T Jeffs
On behalf of the Wellbeing Team

