

24 June 2022
PPS Wellbeing



**THE
HESSLE
ACADEMY**

Penshurst Primary School

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Dear Parent / Carer

Next week, we will be holding a Wellbeing Week. The week will include activities that cover the Personal Development and PSHE (Personal, Social, Health and Economic) objectives within the curriculum and will include:

- Yoga
- Outdoor Team Building
- Cooking
- Allotment
- Forest
- Meditation/Mindfulness
- 'Let's Talk'/Challenging Negative Thoughts

These activities will be on a rotational basis, and remaining classroom sessions will also centre around wellbeing activities. Obviously, cross-curricular links will be embedded throughout, such as weights and measures in cooking, and learning about the body in Yoga, to name a few. The week is also designed to boost the confidence of those pupils who excel in areas that typically get less coverage than the core subjects of Reading, Writing and Maths.

Please check the weather carefully next week and send your child with waterproofs if poor weather is forecast, or sun cream/sun hat in case of good weather. Please also provide your child with clothing that you are happy to become dirty or paint-splattered. This can be brought with them on Monday and kept at school for the week.

Thank you for your support. Watch out for Tweets of this exciting week on the school Twitter feed @PenshurstSchool

Yours faithfully

Mrs M Preston
Associate Head of School

