



POTTEN END C of E PRIMARY SCHOOL

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Dear Parents & Carers

This year we are proud to be supporting 'Feeling Good' week which is running from 5 to the 9 February. The theme for the week is 'Regrown'- it is a time to focus on spending time in the natural world, thinking about how to care for and protect the world around us by reusing and recycling and caring for the environment. Time spent outdoors reaps enormous rewards for our mental health and emotional wellbeing and we want to promote this with our children as much as possible.

During the week it would be lovely to give the children an opportunity to try out some activities that would also promote mindfulness and relaxation. With this in mind, we wanted to reach out and ask if we have any parents who are yoga teachers or are into mindfulness or activities that promote good physical and mental health. Would you be willing to come into school and run a workshop or lead an assembly to help us promote this very important issue? If you can help or know of someone that we could speak to about this, please email the school office.

Thank you for your support.
Kind regards

Julia Paton
PSHE Subject Leader

