



7th September 2022

Dear Parent or Carer,

The mental and physical health and wellbeing of our children is of the utmost importance to us at Parc Eglos school. Following the success of our "Health and Wellbeing Awards" in the Summer term, we are delighted to share the news that we will be continuing with them for all of our children from Nursery to Year 6. There will be an opportunity twice a year to achieve one of our awards, one in September and one in February.

On Friday 9th September 2022, we will be holding a Health and Wellbeing day where children will engage in activities to promote their positive mental and physical health. During this day, your child will be introduced to our new awards along with their returned mental health and wellbeing scrapbook. This scrapbook will come home with the activities that children are being encouraged to complete over the following months. As your child completes an activity, they can record their evidence in the scrap book, return it to school and will be rewarded with a bronze, silver or gold award dependent on the number of completed activities they evidence. 4 completed activities would earn bronze, 8 activities would earn silver and if children complete all activities they will earn gold.

When your child comes home with their scrap book, please look through the activities together and as they (and you possibly!) complete them, sign and date on the activity sheet so we know they have been achieved. Children can gather their evidence such as photos, stories and notes etc. to support achieving their award and add them to their scrapbook. There must be some evidence within the scrap book to achieve their award. Please email pictures to their teacher when they return their book, if you do not have access to a printer.

These scrapbooks move with the children throughout their time at Parc Eglos, so that each year they build up a resource that will help their physical and mental health. If your child did not return their scrapbook in July, they will be given the grid of activities without a book. Your child is still encouraged to take part and can provide evidence in their own book should they wish to do so. A new book can be purchased from the office for a small fee if you would like your child to have one.

Please ensure your child returns their scrapbook by **Friday 27th January 2023** at the latest to enable us to prepare for the next set of awards after February half term. However, we will accept scrapbooks at any time on completion of activities before this date.

If you have any questions, please talk to your child's class teacher.

Kind regards,

Mrs. Nicola Endean and Mrs. Jayne Banner

(PSHRE coordinator) (Headteacher)

