



6.9.24

Dear Parent or Carer,

The mental and physical health and well-being of our children is of the utmost importance to us at Parc Eglos school. Following the success of our "Health and Well-being Awards" over the past couple of years, we are delighted to share the news that we will be continuing with them for all of our children from Foundation to Year 6.

On Friday 6th September 2024, we will be holding a health and well-being 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.

We have taken the decision to move the grids online to avoid paper waste. Therefore, your child's grid has already been emailed to you. Once your child has completed the activities they wish to complete, email the photographs, along with the grid to (and this is a slight change to the previous letter) parcegloshealthandwellbeing@croftymat.org

Please look through the activities together and as they (and you possibly!) complete them, highlight the activity by saving the grid as a photograph and edit it to show the completed activities.

Once I have your received email evidence, your child will be awarded a bronze, silver or gold award dependent on the number of completed activities. 4 completed activities would earn bronze, 8 activities would earn silver and if children complete all activities, they will earn gold.

All evidence must be emailed to parcegloshealthandwellbeing@croftymat.org by Friday 31st January 2025 at the latest to enable us to prepare for the next set of awards after February half term. However, we will accept evidence 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

(Life Skills co-ordinator)