

Simon A Wood – Executive Headteacher

27 February 2020

Dear Parents and Carers

ACTIVE MINDS – YEAR 2

We are running a 3-day children’s workshop called “Active Minds” over the next two weeks. The programme looks to provide children with a toolkit enabling them to identify thoughts and feelings, thus helping them to build stronger minds by responding to them in a more positive way.

The programme is as follows:

- Tuesday 3rd March - Emotional Awareness & Acceptance
- Monday 9th March - Resilience
- Wednesday 11th March - Gratitude

We are also offering parents/carers the opportunity to come in and learn a little more about the programme and to experience some of the techniques and practices that we will be using with the children. We will also offer ideas of activities that can be tried at home that will benefit the whole family. Obviously, we understand if this is something that parents/carers are unable to make due to work commitments, and we can offer information to parents/carers that cannot attend. The workshop will take place on **Tuesday 3rd March at 9.30am** in the large hall.

We look forward to seeing as many of you as possible.

Best wishes,

Simon A Wood
Executive Headteacher