



Saint Edmund's and Saint Thomas' Catholic Primary School

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"Love, Learn and Live Like Jesus"

15th January 2020

Dear Parents/Carers,

Wellbeing Week 20th-24th January 2020

School will be presenting a **Wellbeing Week** for our children next week (20/1 – 24/1/20). The aim is to promote a high quality experience for our children to recognise and improve the quality of their life through a daily themed focus on their wellbeing.

We believe that helping the children to examine their lifestyles including health, fitness, diet, relationships and mental health contributes significantly to their personal development and their enjoyment of their primary school years.

We have also included a "Bath Book Bed" sleep project and will be very keen to engage your support with this action research. This involves monitoring and improving the conditions for a good night's sleep. We will be keen to share our findings in relation to the impact of small changes. Did you know that Reception children are recommended to have between eleven and eleven and a half hours sleep, Year 2 children between ten and a half and ten and three quarter hours and at the top of the school, Y6 children to have nine and a half to nine and three quarter hours sleep?

On the themed days, there are a number of opportunities to enlist your support so we are looking for parent volunteers who will be able to offer their experience to work with children on the following days :-

Tuesday 21st January : Any parent who has professional/work experience in areas such as dental hygiene and nutrition.

If you would like to offer any help in this week it will be gratefully received. Please contact your child's teacher directly if you are available to offer any support.

We look forward to our children and staff gaining from a wide range of activities and the longer term impacts of such a unique week.

Yours faithfully,

Kieran A Loftus Headteacher