

PARENT/CARER & CHILD WATCH ME LEARN SESSION

5 Ways to Wellbeing
with NHS Mental Health Support Team

Connect Give
Be Active Keep Learning
Take Notice



Year 3: 27th February
Year 4: 6th March
Year 5: 20th March
Year 6: 27th March

2pm - 3pm in the hall

The session is designed to help children build positive wellbeing habits & parents are invited to learn alongside their child. The session will be relaxed, interactive, and suitable for all children

One parent/guardian per child.