



Lytchett Matravers Primary School

Wareham Road Lytchett Matravers
Poole Dorset BH16 6DY

Lytchett Minster: 01202 622378

e-mail: office@lmpsdorset.co.uk

Headteacher: Mr S France B.A. Hons.

Dear Parents/Carers,

Wellbeing Wednesday – 28th June 2017

On Wednesday 28th June we will be holding a whole school Wellbeing day. The aim of this day will be for all children to be participate in age appropriate activities, through workshops and class activities, to promote wellbeing for all children.

We are currently in the process of speaking to various individuals and organisations to help deliver various workshops. However, we would like to also look to you for support to provide some group sessions for our children on various topics. If you have a working interest in any of the following areas and are able to run a session, we would love to hear from you:

- Mindfulness, relaxation and meditation
- Laughter/Music therapy
- Mindfulness running
- Nutrition
- General health and wellbeing (possibly sleep advice: nurses, GPs)
- Safety (eg road safety, fire safety etc)
- Safeguarding
- Growth mindset

Please complete and return the slip below to your child’s class teacher if you can help in any way. We are very much looking forward to this event and thank you in advance for any assistance you can offer.

Yours sincerely,

Mrs Heather Helm
Inclusion Leader

Lytchett Matravers Primary School Wellbeing Wednesday – 28th June 2017

Name:

Contact Details (telephone/email):

Child’s Name: Class:

I am able to offer help/input with the following:

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I am able to help during the day: Morning / Afternoon / both (please circle as appropriate)

Please return slip by Thursday 25th May

