

Dear Parent/Carer,

In order, to support the well-being of all staff, and students, we have calendared three well-being weeks during the course of this academic year; (19th-23rd November), **18th-22nd March**, 24th-28th June. The school site will be closed from 4pm each day during this week for both staff and students.

As part of these weeks we are planning to run a series of well-being workshops for staff each day, between 3.30pm-4pm. After the initial success of our first well-being week in November, I am now looking for volunteers for our March well-being week. If you have expertise, or know of anyone who does, in any of the following areas; Yoga, Zumba, meditation, stress management, mindfulness or any other area that you think would benefit staff well-being, then we would be extremely grateful if you/they would consider volunteering to run a workshop during the week beginning the 18th March, for about half-an hour, between 3.30pm-4pm.

If you are able to help then please contact the **school office by Monday 4th March.**

I would like to take this opportunity to thank you in advance for your support with this matter.

Yours sincerely,

Deborah Hayden

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