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Dear Parents/Carers,



Monday 2nd to Friday 6th December

Next week is our whole school Well Being Week; Monday 2nd December to Friday 6th December. Avalon School is committed to supporting the health and well being of its pupils and staff and as such we are holding a week of activities and workshops to raise awareness of the importance of well being. We want to help the children to explore ways they can support their own mental health.

There are so many ways of encouraging well being from healthy eating, to just asking ourselves and each other how we are feeling. The children will be involved in the following activities and workshops throughout the week as they explore different area of well being together with fantastic healthy lunches provided by our Catering Team:

Dance Move Monday
Dance Tracks Tuesday
Well Being Wednesday
Thud & Drum Thursday
Feeling Festive Friday

We hope that this will be a fun and supportive week to promote the children's health and well being.

Yours sincerely

Mrs J Callaway
Headteacher