



Dear Parents,

Garden Fields School is thrilled to announce that we will be having another

### **Happiness and Wellbeing Week from 11th - 17th February 2019**

This year we are taking inspiration again from 'Action for Happiness' 10 Keys for Happier living'



We are also linking with the Hertfordshire-wide 'Feeling Good Week'. This event encourages schools to promote children and young people's emotional wellbeing showing where support can be accessed within the community and strategies to help build resilience.

**Our theme this year is Healthy: Inside and Out – we're encouraging everyone to think about how they look after their bodies and minds.**

As part of the week the PTA are looking at running Happiness Café's. The idea would be that the Cafés provide a warm welcome for anyone interested in happiness and wellbeing to meet together for a drink, something to eat and a friendly chat. The Café may also play host to workshops to help you discover new ways to improve your wellbeing and help make others happier too.

The PTA will be sending out more information about this soon.

**We want to give the whole school community the chance to enhance their happiness and wellbeing during the week and to do this we need your help.**

- ❖ Are you or do you know someone who works in this area? E.g.: Doctor, Nurse, Nutritionist, Chef, Personal trainer, Yoga Instructor, Pilates Instructor, Dance teacher, Mindfulness or Life coach, Sleep Coach, Art Therapist, Counsellor, Reflexologist etc.
- ❖ Are you able to bring a new dimension of learning to the school during this week? Perhaps you have another related talent, business link or contact that could help to further enrich our week?

**If you think you can, please can you respond to this email briefly outlining what you can offer together with your contact details by 20<sup>th</sup> December 2018 and we will be in touch in January.**

Thank you in advance for your continued support.

Miss Cole, Miss Palmer and Mrs Johnson