



7 February 2019

Dear Parents/Carers,

For the second year running, we will be hosting our **Happiness and Well-being week from 11-15 February**. We have a full agenda for all the children to participate throughout the week. The purpose of the week is to help our children understand the importance of being as healthy as they can be. Being healthy incorporates numerous pillars like sleep, nutrition, movement, community, purpose and managing stress and anxiety – yes even our little ones suffer from stress and anxiety. The whole week will culminate in sessions for all years on inflatables after school – sponsored by APEX!

Some of our planned events are outlined below:

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| <ul style="list-style-type: none"> <li>• ‘Being my own best friend’ talk and activities</li> <li>• Sleep coach talk</li> <li>• Song writing</li> <li>• Gong therapy</li> <li>• Mindfulness Jars</li> </ul> | <ul style="list-style-type: none"> <li>• Speed stacking competition</li> <li>• Nutrition talk</li> <li>• Stress management and breathing</li> <li>• A&amp;E Nurse visiting EYFS</li> <li>• Musical theatre</li> </ul> | <ul style="list-style-type: none"> <li>• Food tech</li> <li>• Exercises ranging from pilates, yoga, karate to double time fitness</li> <li>• Running clubs</li> <li>• Taster karate sessions</li> </ul> |
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We will also have our nurture black Labrador coming in on Tuesday. Hector is a registered therapy dog. Many studies show that pets can help reduce the effects of anxiety or stress, as well as improve mental health. ***Should your child have specific allergies or fear of dogs, please advise your class teacher.***

We have additional events planned for all members of our community. We are supported again by our amazing PTA and parent volunteers. This year we are able to offer a range of activities – please click [HERE](#) for more detailed information.

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| <ul style="list-style-type: none"> <li>• Katharine Tate – Food Teacher</li> <li>• School Choir</li> <li>• PTA Breakfast</li> </ul> | <ul style="list-style-type: none"> <li>• Dr Panja – ‘How to keep your child healthy’</li> <li>• PTA Happy Café</li> <li>• Introduction to mindfulness</li> </ul> | <ul style="list-style-type: none"> <li>• Inflatables</li> <li>• Fun Fitness</li> <li>• PTA Pamper and Prosecco Evening</li> </ul> |
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**Inheritance tracks at GFS**

As you know, we have been asking you to share your inheritance tracks with your children. We are delighted with the response so far – please keep sending them in with your child! Click [HERE](#) to see some special contributors to our project! Miss Wray and the choir have been working on a special response to one of them. This will be recorded on Wednesday 13 February – you are welcome to join in!

Please look out for a separate email detailing what children will need to bring in with them next week!

Thank you for your continued support.

Miss Palmer, Miss Cole and Mrs Johnson