



# MALCOLM SARGENT PRIMARY SCHOOL

Love To Learn

16 September 2019

Dear Parents/Carers

## **FIVE WAYS TO EMOTIONAL HEALTH AND WELLBEING**

As part of the Malcolm Sargent Way, some children have been invited to attend the launch of the "Five Ways to Emotional Health and Wellbeing" project. This takes place on Thursday 19 September between 11am-2pm at Stamford Welland Academy. Your child has been selected by their class teacher to attend the launch event and then to share their learnings across the school upon their return.

The children will be transported in staff cars and will be accompanied at SWA by a staff member at all times. The children should wear full school uniform please.

The kitchen has agreed to swap hot lunches to pack ups for Free School Meal children. If your child does not fall into this category, please therefore provide a healthy pack up for your child, packed into a small rucksack. If you have already ordered and paid for a hot lunch this Thursday, Mrs Bell will make arrangements to refund £2.40 to you in the next few weeks, before half term.

If your child has an auto-adrenaline injector or asthma inhaler in school, we will take this with us automatically. If your child requires any other medication during the day, including travel sickness medication, please hand it to your class teacher on the morning of 20 September, in a sealed envelope, clearly named with dispensing instructions.

As this is a local trip, you have already given your permission on your Admission Form and so this letter is for information only.

This should prove to be a very enjoyable and informative day for your children.

Yours sincerely

Allison Buck  
Pastoral Support