



Friday 1st March 2024

Dear Parents/Carers,

Wellbeing Day has become a tradition at Sun Hill Junior School following its introduction 6 years ago. When we ask our pupils, past and present, of their favourite memories of Sun Hill Juniors, Wellbeing day is always near the top of their list.

We are delighted that in conjunction with The Friends of Sun Hill Junior School (FOSHJS) we have arranged this year's Wellbeing Day for the children and staff to enjoy on Friday 17th May.

Activities on the day will include:

- Circus Skills with Circus All Stars
- Dance Workshop with Intergr8 Dance
- Wellbeing Arts & Crafts
- Team Building with The Drama Beast & FOSHJS
- Martial Arts for mindfulness and positive mental health
- Cooking workshop with Cookstars
- Outdoor Forest Fun with The Hornbeam Hideout
- Singing Workshop for Wellbeing with HMS

The children will attend 4 of workshops detailed above with their class & teacher, over the course of the day. The activities have been chosen to promote our Wellbeing values of Connect, Keep Learning, Take Notice, Give and Be Active.



On the day the children will need to wear comfortable sports clothes that you do not mind getting messy and which will allow free movement for exercise.

The cost of this day to the school is £12.50 per child and we are asking for a voluntary donation of **£10.00** per child towards the overall cost of this wonderful day. FOSHJS will again be covering the additional cost accrued to ensure the pupils of Sun Hill Juniors have the best day possible.

Donations can be made via your online scopay account (overpayments are welcome!). Cheques are payable to Sun Hill Junior School or cash donations can be sent directly to the school office.

The following page of this letter is a reply slip that must be completed for every child. Without the returned slip, children will not be able to participate in the planned activities.

We are also really keen to welcome parent helpers on the day so if you would like to come and join our Wellbeing fun and are an approved SHJS volunteer please complete this section of the form.

All completed forms are required to be in school by Friday 10th May. If you have any questions related to the day, please contact the school office.

Regards,

Mrs Woods - Deputy Head and Wellbeing Lead

WELLBEING DAY RETURN INFORMATION

(Siblings can be included on a single form)

Child name and Class:

Child name and Class:

I have enclosed a voluntary donation of £..... towards the cost of Wellbeing Day/ I have donated £..... Online (please delete as required)

Parent/Carer Name:.....

Contact number and email address:

.....

I give permission for my child to take part in Wellbeing Day and all of the activities planned and I have indicated any allergies or concerns:

*Yes *No

Allergies:

Parent/Carer Name:

Parent/Carer Signature: Date:

I am an approved Sun Hill Junior School Volunteer (please circle below):

*Yes *No

Please circle below the sessions that you are able to help with on the day:

*9-12.30

*1.00-3.30

* ALL DAY