



St Thomas of Canterbury Catholic Primary School

St Francis of Assisi
CATHOLIC ACADEMY TRUST



3rd February 2022

Dear Parents,

Feeling Good Week is a Hertfordshire wide event that encourages schools and the wider community to promote children and young people's emotional wellbeing by raising awareness of mental health.

This year's "Feeling Good Week" theme is "Body Positivity" and next week the children will be taking part in activities that promote Acceptance, Respect and Celebration of who they are and what their bodies can achieve.

We have an exciting programme of events, please see the timetable below:

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Whole School French Skipping workshops	Early Years Forest School Key Stage Two Cheerleading (Year 3/4 swimming at usual time)	Year 3/4 Forest School	Chaplaincy Team Bring & Buy Sale in aid of the Bishop's Stortford Night Shelter	Year 1/2 Forest School
Afternoon	Year 5/6 Forest School	Early Years and Key Stage One Cheerleading			Physical activities with Mr Fitzgerald

Children will also be doing additional PSHE and Mindfulness activities throughout the week. Please ensure your child brings in suitable Forest School attire for the day of their session. PE kit will also be needed throughout the week.

As always, if you feel you need support with your child's mental health or wellbeing, please do not hesitate to contact me.

Kind regards,

Mrs W Clark
Senior Mental Health Lead

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Level 3
Practitioner Award
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