



Leigh Beck Infant and Nursery Academy  
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Dear Parents/Carers,

As you are aware, we are in the process of applying for a Wellbeing Award for Schools (WAS) which we started to put into place earlier this year. However, due to lockdown in March, we had to put this on hold but we have now been given the green light to start again.

We are always promoting wellbeing throughout the school and it is important for us not just to get the children involved, but also the parents too.

We are asking you and your child(ren) to take part in a 'wellbeing weekend'. We would like you to send us a picture of your child(ren) or yourself and your child(ren) doing something mindful or relaxing.

You might have a special calming/relaxing spot in your house that you enjoy being in, you could do yoga at home, you might find reading a book relaxing or you could be watching a film/ tv show in your pyjamas with a bucket of popcorn, or wearing a soothing face mask. Anything that you find relaxing!

We would like you to send your photos with a little description of what you did via email to your year group email account by Wednesday 21<sup>st</sup> October. We are looking forward to sharing all of the different ways you relax and maybe pick up some new tips and ideas.

Thank you for your continuing support and we hope you enjoy your relaxing times with your children.

Miss Webb and the Wellbeing Team