



Leigh Beck Infant and Nursery Academy
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May 2022

Dear Parent / Carer,

Health & Wellbeing Week

At Leigh Beck, we are passionate about supporting the wellbeing of all our pupils and staff members. We believe that mental health and wellbeing is the basis for a happy and successful life at school and beyond. Wellbeing plays a key role in our school ethos, and in our daily routines.

We strive to improve the wellbeing of both our pupils and staff members in everything we do. Through continually promoting a growth mindset, we aim to develop the children's resilience, in order to provide them with a range of strategies so they can persevere with a variety of tasks while at school, and in their later life.

Our Health & Wellbeing Week is taking place from 16th - 20th May 2022. This week will be launched with a Healthy Lifestyles assembly for the children. Throughout the week, the children and staff will have the opportunity to try a variety of new activities focused around health and wellbeing. The children will also have additional opportunities to be active with the excitement of Sports Day.

As a school, we promote the 5 Ways to Wellbeing. Throughout this week you could support your child by applying these 5 Ways to Wellbeing at home. The poster above includes some simple ways of how this can be achieved.

Thank you for your continued support.

Mrs E Lane

Executive Head Teacher