



**Saltford**  
CofE Primary School

Saltford CofE Primary School  
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Headteacher: Dawn Sage  
Co-Chairs of Governors: Megan Jackson and Richard Rowland

27<sup>th</sup> March 2019

Dear Parents and Carers

This year our themed activity will run from Monday 3<sup>rd</sup> June to Friday 14<sup>th</sup> June and is on the theme of Health and Well Being – building on our commitment to the well-being of our children, staff and community.

We have had a series of training sessions for staff with specialists on the theme of mental health and we work hard on our whole school approach to pastoral care. Mrs Godwin is our specialist in this area and you can read more about our well-being work so far [here](#). Happy children learn well and if you get that right at Primary school you are then building on firm foundations.

We want to immerse our school in a programme of activities with a focus on teaching us all to look after ourselves both mentally and physically. We want to involve the whole school community to support tackling childhood anxiety and mental health concerns.

We are looking for parents who would be prepared to offer sessions in any aspect of health and well-being. Alternatively you might know someone who would support us with this – if so, please let the school office know their details and we will contact them direct. We hope to arrange a workshop for parents as part of this initiative.

If you can help please complete the reply slip at the bottom of this letter and return this to the school office.

Yours sincerely

Mrs D Sage  
Headteacher

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FAO Mrs Sage

Name.....

Child's name.....Class.....

I am willing to help with the Health and Well Being themed activity and can present on (please provide full details):

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I have a link or can make a recommendation (please provide full details).....

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