

Chaucer Junior

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2nd February 2023

Dear Parent/Carer,

We are just one week away from Children's Mental Health and Wellbeing Week 2023 and we are buzzing with excitement !

We are looking forward to welcoming you into school on Wednesday 8th February to join us to participate in SMILER activities. Below is a list of what classes will be doing, so we have an idea of numbers we will send out a Microsoft form for you to complete if you will be attending.

Class Activities:

Mammoths – Zumba

Wolves – Postcards or another move activity

Dolphins – Mindful eating

Sharks – Craft afternoon

Toucans – designing new pyjamas for Walter

Jaguars – Design an Eat Well plate.

Penguins/Orcas – Artwork around The boy, the mole, the fox and the horse.

During this week, on Friday, we are giving our children and adults the opportunity to ‘Dress to Express’. They could wear their favourite colour or a unique outfit to express how their feeling or reflect their hobbies, it can be as simple or elaborate as you like! Colour is always a good way of expressing ourselves! As we are raising money to equip a ‘Chill-out’ zone at Chaucer, donations would be appreciated to enable us to do this.

The week is as follows:

Monday – Whole School assembly delivered by the Chaucer Wellbeing Team

Tuesday – Year 3 and 4 lunchtime activities including making friendship badges, love bugs and mindfulness.

Wednesday – Parents are invited to join us from 2.15pm to support children doing a SMILERS activity.

Thursday - Year 5 and 6 lunchtime activities including making friendship badges, love bugs and mindfulness.

Friday – ‘Dress to Express’ – raising money for Chaucer’s exclusive ‘Chill-out’ zone.

Yours sincerely,

Miss T Smith and Mrs S Starling

