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23rd June 2022

Dear Parents and Carers,

World Wellbeing Week 2022 begins on Monday 27th June. Our amazing St Gregory's Wellbeing Ambassadors are organising a Wellbeing Day on **Tuesday 28th June** for the whole school. All children are invited to come into school in bright colours with a donation of £1.

During the day there will be a range of tasks in class, our Wellbeing Ambassadors will be leading on 'exercise for wellbeing' and all children will have access to activities on the field at break and lunch time. One of our lead Wellbeing Ambassadors will lead a whole school assembly on wellbeing and mental health.

In addition, we will be holding a Wellbeing raffle with a range of wellbeing prizes. Tickets will be on sale from Monday 27th June until Friday 1st of July at £1 per strip.

At the request of the children, all donations and raffle money will help to buy a friendship bench for our playground.

Kind regards,

Wellbeing Team and the Wellbeing Ambassadors

