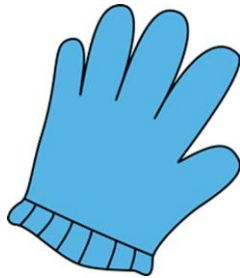




Monday 20<sup>th</sup> November 2023

Dear Parents and Carers,

Today marks the start of Wellbeing Week at St Michael's for both the pupils and staff. We began our day with an assembly where we discussed wellbeing 5-a-day. As well as plenty of fruit and vegetables, we recognised the benefits of getting outside, physical activity, learning something new, giving and love. Mr Davenport shared a very good way of remembering this with me and I am going to pass it on to you all.



- G Give** - a compliment, hug or smile
- L Love** - each other and our neighbour
- O Outside** - fresh air
- V Vegetables & Fruit** - at least 8 a day!
- E Exercise** - dancing, football, yoga

There will be lots of opportunities for pupils to practice these wellbeing ideas throughout the week.

Today is also World Children's Day and I strongly believe that by actively promoting and supporting our pupil's wellbeing, both physical and mental, we are setting them up for health and success.

Have a lovely week.

Best wishes,

**Sinead O'Brien**  
Head of School