



Wednesday 26th March 2025

Dear Parents/Carers,

It is amazing that this year we will be celebrating our 7th Wellbeing Day at Sun Hill Junior School!

When we ask our pupils, past and present, of their favourite memories of Sun Hill Juniors, Wellbeing day is always one at the top of their list.

We are delighted that in conjunction with the support of our Volunteer Friends of Sun Hill Junior School (FOSHJS) we have arranged this year's Wellbeing Day for the children and staff to enjoy on Friday 16th May.

Activities this year will include:

- Circus Skills with Circus All Stars
- Dance Workshop with Intergr8 Dance
- Wellbeing Arts & Crafts
- Martial Arts for mindfulness and positive mental health
- Cooking workshop with Cookstars
- Animal Interaction with Popell Barns

For the Animal interaction the children will have a workshops with Popell Barns where they will have the opportunity to meet a miniature donkey, sheep, chickens, ducks and rabbits, this will include stroking the rabbits and brushing the donkey. If your child has any animal allergies or fears please detail this below.

The children will attend 4 of the workshops over the course of the day as detailed above with their class & teacher. The activities have been chosen to promote our Wellbeing values of Connect, Keep Learning, Take Notice, Give and Be Active.



New for this year we will be providing breakfast snacks on the playground as the pupils arrive at school. Eating breakfast is important for overall wellbeing because it provides energy, supports cognitive function, helps to improve memory and concentration. There will be a selection of fruit, pastries and breakfast biscuits so the children can grab one on their way to class and get an energy boost to start the day.

For wellbeing day on Friday 16th May, the children will need to wear comfortable sports clothes that you do not mind getting messy and which will allow free movement for exercise.

There will be no hot dinners on this day, pupils are required to bring a packed lunch from home or order a school packed lunch via this link:

<https://forms.gle/Zs65quGcQgokKsmE6>

The cost of this day to the school is £12.50 per child and we are asking for a minimum voluntary donation of **£10.50** per child towards the overall cost of this wonderful day. FOSHJS donations will again be covering the additional cost accrued to ensure the pupils of Sun Hill Juniors have the best day possible.

Donations can be made via your online scopay account (overpayments are welcome to support this day!). Cheques are payable to Sun Hill Junior School or cash donations can be sent directly to the school office.

The following page of this letter is a reply slip that must be completed for every child. Without the returned slip, children will not be able to participate in the planned activities.

We are also really keen to welcome parent helpers on the day so if you would like to come and join our Wellbeing fun and are an approved SHJS volunteer please complete this section of the form.

All completed forms are required to be in school by Friday 9th May. If you have any questions related to the day, please contact the school office.

Regards,

Mrs Ahmed - Wellbeing Lead

WELLBEING DAY RETURN INFORMATION

(Siblings can be included on a single form)

Child name and Class:

Child name and Class:

I have enclosed a voluntary donation of £..... towards the cost of Wellbeing Day/ I have donated £..... Online (please delete as required)

I give permission for my child to take part in Wellbeing Day and all of the activities planned and I have indicated any allergies or concerns:

*Yes *No

Allergies:

Additional information:

Parent/Carer Name:

Parent/Carer Signature: Date:

I am an approved Sun Hill Junior School Volunteer (please circle below):

*Yes *No

Please circle below the sessions that you are able to help with on the day:

*9-12.30 *1.00-3.30 * ALL DAY

Contact number and email address:

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