



MALCOLM SARGENT PRIMARY SCHOOL

Love To Learn

19 November 2018

Dear Parents/Carers

Our House Council has been thinking about how to stay happy and healthy as part of our development on emotional wellbeing and mental health. The NHS has suggested five ways in which everyone can do this, known as "The Five Ways to Wellbeing":



As part of the Malcolm Sargent Way, the House Council has devised a set of Pupil Pledges, as attached, which incorporate "The Five Ways to Wellbeing".

As part of this incentive, the House Council will be holding a 'Thank You' week commencing Monday 26 November 2018. This will demonstrate part of our commitment to the Five Ways through the "Give" objective. We will do this by saying thank you, which is a really simple way we can give to others.

This is open to all members of our school community. You can be involved too by coming to the school office and filling in a postcard, which should be addressed to the person you wish to thank. Make sure you write his/her full name, and whether they are a child, member of staff or parent. We will deliver the postcards at the end of the week.

Let's celebrate the members of our school community by coming together in thanks and showing our appreciation of each other!

Yours sincerely

Tim Cox
Vice Principal