



MALCOLM SARGENT PRIMARY SCHOOL

Love To Learn

10 January 2019

Dear Parents/Carers

FIVE WAYS TO WELLBEING

Following on from the very successful #Give postcard incentive, when we had the opportunity to say thank you to other members of our school community, we are now going to be 'connecting' with other people.

I would like to invite you, together with staff and children, to take part in a #Connect incentive.

#Connect

Simply spend some time speaking with the person who sent you the 'Thank You' postcard. Children have been asked to say thank you in return and to express how receiving the card made them feel.

The NHS advocates, as one of their 5 Ways To Wellbeing, the importance of connecting with other people, be that neighbours, friends or family. It is important to spend time talking, listening and in the company of others to help our self-esteem, happiness and social awareness. It makes us feel good to be a part of a community, and helps us to define ourselves as well as others. Developing friendships as well as investing in those relationships we already have is an important part of staying emotionally healthy and happy.

We hope that you will support this incentive as part of our awareness and support of mental health and emotional wellbeing.

Yours sincerely

Tim Cox
Vice Principal, Upper School