



# Wellbeing Week

Monday 10<sup>th</sup> July to Friday 14<sup>th</sup> July 2023

St. Mary's will be taking part in a week of activities that focus on the children's wellbeing.

<h2>Monday</h2>	<p>Healthy Relationships:</p> <ul style="list-style-type: none"> <li>• Teamwork activities</li> <li>• Problem Solving</li> <li>• Family and friendships</li> </ul>	<p>Bring Your Pets To School Event Parents are welcome to bring well behaved pets into school from 2.30pm.</p>
<h2>Tuesday</h2>	<p>Healthy Eating:</p> <ul style="list-style-type: none"> <li>• Understanding healthy food choices</li> <li>• Design and create a healthy snack/ meal</li> </ul>	
<h2>Wednesday</h2>	<p>Healthy Mind (Music and movement):</p> <ul style="list-style-type: none"> <li>• Listening and responding to different types of music</li> <li>• Composing music</li> </ul>	<p>Country Dancing Event Parents are invited to join us for an English Country Dancing event on the school playground from 2.00pm.</p>
<h2>Thursday</h2>	<p>Healthy Mind (Creativity):</p> <ul style="list-style-type: none"> <li>• The National Gallery's Take One Picture Project: A Shipwreck on Stormy Seas by Claude Joseph Vernet</li> </ul>	
<h2>Friday</h2>	<p>Healthy Body:</p> <ul style="list-style-type: none"> <li>• Sun safety</li> <li>• Yoga</li> <li>• Team building games</li> </ul>	