

Tuesday 5th February 2019



### Sunshine Day

Our next 'Sunshine Day' will take place on Friday 15<sup>th</sup> February 2019

The theme for the day will be 'healthy minds and wellbeing'. The children will learn about how to look after themselves and their feelings. They will think about the 5 ways to wellbeing and take part in activities that promote a sense of wellness.

We are inviting parents and carers into school to share this special day with the children between 8.30am and 9.30am.

We kindly ask that children wear school uniform please.