

'In unity we learn and play in the loving hands of God'

Bunbury Aldersey CE Primary School

Rural Church Schools Academy Trust

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Thursday 12th October 2017

Dear Parents and Carers,

We have launched our emotional health and well-being sessions which will become a regular part of our worship and curriculum after October half term. We are using a programme called Heartsmart which looks at keeping our bodies healthy on the inside and on the out. The children will be working on the following five ideas:

1. Don't forget to let love in!
2. Too much selfie isn't healthy!
3. Don't rub it in Rub it out!
4. Fake is a mistake!
5. No way through isn't true!

To launch our programme we are asking the children to make a 'Boris the Robot'. Boris is Heartsmarts mascot and will feature throughout the programme on videos, resources and in activities. Boris can be made out of any recycled materials and can be made by the child or as a family project. Please can we keep Boris no larger than 50cm tall as we would like to display all the robots made in school and want to have room for everyone's contribution.

We are asking that any Boris' made are brought into school on Monday 6th November as we will be having an Emotional Health and well-being day with lots of exciting activities and workshops for the children to participate in.

If anyone feels they have any skills in this area or are able to offer anything like yoga, relaxation techniques please feel free to contact me as we really appreciate your contributions.

Thank you for your continued support.

N M Badger
Principal

