



Global Be Well Day

Friday 25th September 2020

Dear Parent/Carer,

This Friday sees the launch of our Global Be Well Day – an initiative happening in every Cognita school around the world to put Mental Health and Wellbeing at the top of our agenda.

This will be a non-uniform day because there are various elements involving physical activity and recreation. Children would be best advised to wear clothing such as tracksuits to give them freedom of movement and have trainer shoes that will be suitable for some exertion. Although we have some contingency plans if there is wet weather, we do anticipate some outdoor time regardless so a light waterproof jacket would be advisable.

Unfortunately, due to COVID-19 we cannot invite any adults to join us for our Walk and Talk Stages in the Arboretum, but we will still be having a chance to get lots of fresh air and time to talk together.

Your sincerely

Mr W L D Honey
Headmaster

Throughout the day all children will be involved in activities linked to the following topics

Walk and Talk

Children will enjoy a stroll around the Arboretum, talking about things that bring happiness to the children and adults present.

(Purpose-Mental health benefits of physical activity and conversation)

Sleep Workshop

Children to watch a video for GBWD by world sleep expert Dr Matthew Walker, followed up with discussions linked to the subject matter.

(Purpose- Mental Health benefits of regular, restful sleep)

Art Workshop

Children to create and decorate a penny spinner and other mindful decorating activities.

(Purpose-Mental Health benefits of art work.)

Meditation and Mindfulness

Children to learn the benefits and the methods of meditating.

(Purpose- To develop mindfulness techniques that can be employed whenever needed)

It's Good To Talk

Children will be led in discussions about valuing each other and how we can improve their self-belief.

(Purpose- Realising the qualities they have and having a positive outlook towards themselves)