

Northwick Park Primary and Nursery Academy

Company No. 9154404

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Headteacher: Emma Lane

28th March 2018

WELL-BEING WEEK

Dear Parents,

When we return on Monday 16th April we will be taking part in a school wide well-being week aimed at supporting and raising children's physical, mental and emotional well-being.

This will include children taking part in a range of positive and enjoyable activities including relaxation, meditation and Yoga. Bonnie, Ms Graham (Leigh Beck teacher) and Sharon Allsup (Canvey Schools Partnership) will also be working with some classes.

This week will also include our Attendance week, during which we will be encouraging children to make sure that they are in school every day and into class on time. All the children who manage this will get a certificate and be entered into a draw for some spectacular prizes.

On Friday 20th April we will be having a non-uniform day and would like all the children and staff to come to school wearing clothes that make them feel happy. Nothing too impractical please.

I hope the weather improves and you have a lovely Easter.

Yours sincerely,

Mrs E. Lane
Headteacher

BONNIE!

Monday 16th April

9.10 – 9.30

9.30 – 9.50

9.50 – 10.10

10.10 – 10.30

11.00 – 11.20

11.20 – 11.40

11.40 – 12.00

12.00 – 12.20

1.00 – 1.20

1.20 – 1.40

1.40 – 2.00

2.00 – 2.20

Tuesday 17th July

9.10 – 9.30

9.30 – 9.50

9.50 – 10.10

10.10 – 10.30

11.00 – 11.20

11.20 – 11.40

11.40 – 12.00