



WHISTON WILLIS PRIMARY ACADEMY

18th December 2020

Dear Parents/Carers,

As you are aware, as a school we are currently working towards the Wellbeing Award for Schools. The aim is to ensure that mental health and wellbeing sit at the heart of our school life for pupils, staff and the whole school community.

During the Christmas break, we have put together some activities as suggestions overleaf for you to enjoy on your own or as a family. They are all focused around the 5 Ways to Wellbeing – Connect, Be active, Keep learning, Help others, Taking notice. Research shows that doing these 5 things will improve our state of mind.

Please share any activities you take part in via our Twitter pages.

We wish you all a very Merry Christmas and a Happy New Year.

The Wellbeing Team