

Headteacher:
Mrs Annabel Berry

Chair of Governors:
Mr Philip Emms

Safeguarding Officers:
Mrs A Berry; Mrs L Poole; Mrs A Bateman;
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Dear Parents & Carers

18/05/2022

Give Thanks

Try to develop the habit of writing down three things that you are grateful for every single day. Research has found that this simple act will have a positive influence on the way your brain works in just three months.

As the holiday approaches please remember to be kind to yourself. Self-care is something we all need to be mindful of and actively plan to do rather than just something that happens. Plan to get out into the fresh air and enjoy the little things around you.

Have a lovely holiday.



Miss Lockett and Miss Moore
Wellbeing Lead

<https://www.southwestyorkshire.nhs.uk/wakefield-camhs-resources/>

