**On the 9th February** we will be joining with the other schools within the trust to celebrate

**Liverpool Diocesan Trust (LDST) WELLBEING DAY**

*This day will further support our Curriculum of GRACE-* ***R*** *developing resilience*

We will be specifically focusing on mental health and wellbeing and considering some activities that we can **all** do improve our outlook on life. In recognition of the day we would like everyone to come into school wearing a piece of yellow clothing. This could be a ribbon, socks, a jumper, a headband – anything.

Statistics demonstrate ***that one in 10 primary school children aged five to ten has an identifiable mental health condition*** so it is important that we try to build positive routines into our daily lives and very importantly know who to talk to if something is bothering us

The day will start with our school leading the Trust in worship through the magic of Zoom! Our Ethos team, led by Mrs Gibson, is busy planning the service. The children have come up with their own ideas of what helps improve mental health and these include: -



Space/quiet, fresh air, playing Lego, eating nice foods, sleeping, reading, walking, talking to someone, meditating, and having a shower.

They have also identified several parables including ‘**The Feeding of 5,000’** and ‘**The healing of the paralysed man’** which they would like to share.

Following worship, the children will return to their class where they will then do a range of specialised activities to help promote a positive mindset.

These activities will include thinking about healthy eating and healthy snacks,



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 Sport and yoga.



Reading suggestions, and escape room quiz activities.

We do hope that you can support this initiative from home and if you would like to share any positive mental health strategies with your class teacher through dojo either by text or picture that would be wonderful.

**Philippians 4:6- 6-7**Don’t fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God’s wholeness, everything coming together for good, will come and settle you down. It’s wonderful what happens when Christ displaces worry at the center of your life.