



Moor Nook Community School

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Friday 9th July 2021

Dear Parent/Carer

Tuesday 13th July is Moor Nook Wellbeing Day.

As you will all be aware, during the pandemic and particularly because of the two national lockdowns, there has been an increased focus on the mental health and wellbeing of our children. For a while now at Moor Nook, we have had Wellbeing Wednesday where, every week, the children have taken part in class-based activities to support and improve their wellbeing.

We are all impressed and proud of the resilience shown by our children during the unsettled times of school closure and the subsequent returns to full time learning.

So, for Tuesday, we have arranged a day of exciting activities for the whole school. This not only to support children's wellbeing but also to reward them for all their hard work and positive attitudes during these difficult times.

All we ask is that on Tuesday the children come dressed in clothes suitable for sporty/outdoor activities – trainers, leggings, tracksuits etc – and remember their water bottles. If it looks like being a sunny day, then hats and suncream too.

Although the whole school will be taking part, we have timetabled activities carefully and will be maintaining the restrictions still in place to ensure we are keeping as safe as possible.

It promises to be an amazing day, full of fun and excitement!

Yours sincerely,

Suzanne Clough
Headteacher