



Lavant

C.E. Primary School

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Wednesday 28th February 2024

Dear Parents and Carers,

On Friday 8th March, we are very lucky to have the team from "5 Ways to Wellbeing" attending our school to work with the children in pheasant Class. This is a fun and interactive day designed to support children in understanding and developing their own mental wellbeing.

Below, you will find a letter from the team at "5 Ways to Wellbeing" which includes a permission slip (for the event, food allergies and photo permissions) overleaf. Please could you fill this in and get it back to us as soon as possible.

Thank you and kind regards,

Dan Taylor

Dear Parents,

We have great news to share with you.



Chichester District Council has allocated some funding to run the 5 Ways to Wellbeing programme for the Year 5/6 children in our school. Debbie Stevens Wellbeing Events and her wellbeing experts are now working in partnership with Chichester District Council. They will be visiting our school to deliver the 5 Ways to Wellbeing programme on **Friday 8th March 2024**. With the help of Chichester District Council's funding, their aims are to deliver a fun and interactive day, covering the 5 Ways to Wellbeing programme. This will support and improve children's Mental Health and Wellbeing in Year 5 and 6's across participating schools in the Chichester area.

Mental health and wellbeing are so important and introducing this programme will help the children to have a better understanding of how they think, act, and take responsibility to be a good, kind, and caring person. Government and NHS research has identified the 5 ways to wellbeing as follows: -

Connect: Take Notice: Be Active: Keep learning: Give



On the day, we would like all the children to wear their P.E kit. We would love to be able to take photographs of the children enjoying the activities. The photographs will be used to promote and raise funds to promote good mental health in other schools and will be displayed on the following platforms.

- School, Chichester District Council and Debbie Stevens Wellbeing websites and social media platform.
- Printed and promotional material e.g., leaflets, booklets, posters
- Exhibitions/ displays not within school premises.

Under the school’s photography policy, we ask that you sign the photograph permission box below and return to the school office by **Wednesday 6th March 2024.**

We expect to be able to use the photographs for a minimum of three years to a maximum of ten years from the date the permission is signed.

We might be tasting, raw fruit and vegetables that are in season over the year, and as part of the school medical policy, we would like to know if your child has any food allergies?

Childs Name	
Food Allergy	
Photo Permission Please sign	
Signed parent/ guardian/other	
Date	

chichester wellbeing

