



# Lavant

## C.E. Primary School

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Thursday 3<sup>rd</sup> April 2025

Dear parents and guardians,

On Thursday 24<sup>th</sup> April, Lavant CE Primary School will be engaging in our very first "Wellbeing Walk" in which our whole school will head out into our local area (Centurion Way) to enjoy a walk together.

Walking and spending time in nature can have a huge range of benefits for both our physical and mental wellbeing, and this will be a lovely opportunity to spend some time together as a school away from the classroom, promoting physical health and mental wellbeing for our whole school community.



Providing the weather is appropriate, the walk will take place in the morning, and will not impact on school pick-up or drop-off. This event is covered by our local educational visits form, and as such, no further consent for this trip is required. Children can wear trainers if they would like to on this day to ensure they feel comfortable when walking.

If you have any questions related to this, or any other topic, please do drop us an email or pop in for a quick chat.

Kind Regards,

Daniel Taylor  
(Deputy Head Teacher)

Nicola Ellis  
(ELSA and Wellbeing Lead)