



St. Gabriel the Archangel Multi-Academy Trust

St. John the Evangelist Catholic Academy

"Lord be thy word my rule."

Principal: Mrs H. Rigby BSc(Hons), PGCE, NPQH
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Friday 13th February 2026

Dear Parents and Carers,

5 Ways to Wellbeing Parent and Children Sessions

After half term Lucy (our school Mental Health Practitioner) will be running "5 Ways to Wellbeing" Watch Me Learn sessions for our KS2 children. One parent or family member can come in to share in the session with their child. Please see the extra information on the letter from the mental health team.

Sessions will run 2-3pm on the following days:

Friday 27th February - Y3

Friday 6th March – Y4

Friday 20th March – Y5

Friday 27th March – Y6

Sessions will be opened up to be booked on Arbor from Monday 23rd February.

All children will take part in the session with the staff, so please don't worry if you cannot make it.

Thank you for your continued support.

Yours sincerely

Mrs H Rigby
Principal
