

St. Cuthbert's Catholic Primary School

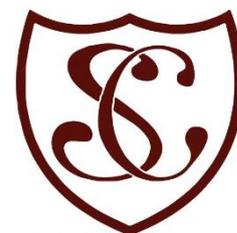
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🌐 <http://www.stcuthberts.surrey.sch.uk>

Head of School: Mrs A Rainbow



Living & Learning in Faith

Dear Parents/Carers,

We are delighted to announce that we will be starting a **Wellbeing Club** led by **Mrs Protheroe – our School's ELSA and Mental Health First Aider**. This club will run on **Friday mornings** and is designed to support children's emotional wellbeing in a positive and engaging way.

Club Details:

- **Dates:**
 - 9th January – 13th February
 - 27th February – 27th March
- **Time:** 8:00 AM – 8:40 AM
- **Location:** Year 5 Classroom
- **Cost:** £44.00 for the whole term (£4 per session)

The focus of the club will be **children's wellbeing**, with a different theme each week. Sessions will be **activity-based** and aim to create a calm, supportive start to the day.

Research shows that wellbeing activities can help children:

- Build resilience and confidence
- Improve emotional regulation
- Develop positive coping strategies
- Start the day feeling calm and ready to learn

To maintain an appropriate and comfortable atmosphere, the club will be limited to **a small group of up to 12 children**.

Sign-up Information:

Places will be allocated on a **first come, first served basis**. Please email the school office (info@stcuthberts.surrey.sch.uk) if you would like your child to attend. In the event that the club is oversubscribed, your child will be placed on a waiting list.

Thank you for your support in promoting wellbeing across our school community.

Kind regards,
Mrs Protheroe

