

St. Cuthbert's Catholic Primary School

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Head of School: Mrs A Rainbow

Dear Parents/Carers,

We are delighted to announce that Mrs Protheroe will be continuing her **Wellbeing Club** in the Summer Term. 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:**
 - 17th April – 15th May (x5 weeks)
 - 5th June – 10th July (x6 weeks)
- **Time:** 8:00 AM – 8:40 AM
- **Location:** Year 2 Classroom
- **Cost:** £44.00 for the whole term (£4 per session), payable via Scopay

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**. Children who have not signed up for the club before will take priority to ensure a fairness, however, this is open to all children. 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

