



Friday 11th June 2021

Dear Wallace Fields Infant School and Wallace Field Junior School Parents

We are very excited to let you know that WFIS and WFJS are holding a joint emotional well-being day on **Friday 25th June 2021**. As part of this day Reception, Year 1 and Year 2 children at WFIS and WFJS will be reading the story '**How to be Happy Scrapbook**'. The children will be learning all about a little girl named Jo whose class have been given the task to fill in a scrap book with ideas of how they can stay happy.

About The day

During our well-being day the children will be reading the story and creating their very own adapted version of '**How to be Happy Shoebox**' where items that make the children happy will go. We hope that this will be something the children can add to as they get older and look back on over the years to remind themselves of what made them happy at different stages of their life!

What we need from you

In preparation for this day we would like the children to each come in to school with a shoe box and some items (approximately 3) by **Thursday 24th June** that they can share with their class in a PSHE lesson and talk about why that object makes them happy. Suggested items, may be a feather from a special walk, a shell found on a family holiday, a leaf because it reminds them to be thankful for nature and breathe deeply when outdoors or children may wish to bring a photo of something that makes them feel happy. Please avoid bringing in any sentimental items or items of value – for obvious reasons!

We would also appreciate parents having a conversation about with their children about the things that make you as parents happy!

Learning for the day

Throughout the school day in their own classes children will be taking part in well-being activities producing some additional things to add to their 'How to be Happy Shoebox' as well as taking part in or discussing activities which help to remind us how to keep happy and healthy. Some of which are detailed below;

- The importance of a good night's sleep
- Having a healthy diet
- Finding ways to relax
- Sharing worries with an adult
- Doing something positive
- Being kind and friendly
- Staying active
- Being thankful and enjoying all of the good things in their lives

We are sure that you will agree the importance of everyone's mental health and well-being is paramount to leading a happy and healthy life. In doing this joint project we hope that we will equip children with the tools they can use to reflect on the things that make them happy and give the whole school community something positive to talk about with their families.

Many thanks in advance for your cooperation with this – we just know the children will love it!

Tom Hurd and Katie Muir
Mental Health and Well-being Leads