

# Parent Forum

## Wellbeing plus



We are very pleased to offer our next PARENT FORUM session for the school year. This session focuses on wellbeing; how we can take care of our mental health and wellbeing and the direct correlation that it has on our children and the relationships we have with those around us.



After the session, we are very pleased to welcome you into the provision to enjoy some Valentine's Day themed activities with your child.



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**Rebecca Cheetham  
Nursery School**

**Thursday 12th February**

**9:00am** Face-to-face

**1:00pm** Face-to-face

(Call to book a space)

This month our sessions are both face-to-face as we are offering the opportunity to play with your child in the nursery provision.