

Parent Forum

WELLBEING plus



We are very pleased to offer our sixth PARENT FORUM session for the school year.

This session will introduce you to the importance of looking after our wellbeing and mental health; both adults and children.



Alongside some factual information we will provide some helpful hints and techniques to improve our wellbeing. You will also have an opportunity to spend some time with your child in the provision to see how wellbeing is promoted in the classroom.



**Rebecca Cheetham
Nursery School**

Thursday 22nd February 2024

9:00am Face-to-face

2:00pm 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.