September 2019

Dear PE SL,

I am delighted to invite you to attend the Imoves Improving Mental Wellbeing in Children workshop.

**Thursday 5th December 2019 at Bramhope Primary School (3.30-5.30pm).**

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The workshop will provide school staff with ideas and methods to deliver sessions to improve Mental Health and wellbeing in the school setting.

During the 2 hour workshop, you will explore how physical health is linked to mental wellbeing; the effects of exercise on the human brain; and practical strategies to develop wellbeing in every child. This practical workshop covers 8 key areas:

Healthy Eating

Exercise and Activity

Growth Mindset and Resilience

Tackling Stress and Anxiety

Mindfulness

Friendship and Trust

Looking after the Environment

Staff Wellbeing

You will need to bring with you a pen, notepad and practical clothing.

If you would like to attend the course please complete the form below.

Yours faithfully

Natalie Mallinson

Physical Activity and Sport Development Manager

Leeds North West School Sport Partnership

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Improving Mental Wellbeing in Children workshop.

Thursday 5th December 2019 at

Bramhope Primary School

3.30-5.30pm

**Name…………………………….**

**School………………………………..**

**Contact Email………………………….**

**Contact number…………………………….**

**Medical conditions……………………………**

**Emergency Contact Name:……………….. ………………………..**

**Emergency Contact No……………………………………**

Only one place per school will be allocated in the first instance. If you would like further staff to attend please indicate name below and I will confirm after the deadline date.

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Please return by Friday 27th September 19 to:

Natalie Mallinson:

St Mary’s School, Bradford Rd, Menston, LS29 6AE

E-Mail: n.mallinson@stmarysmenston.org