



BEARWOOD Primary and Nursery School

Headteacher Mrs Laura Bennett
Deputy Headteacher Mrs Sally Wall

Bearwood Primary and Nursery School
Barons Road
Bearwood
Bournemouth
BH11 9UN

Phone: 01202 590703
Fax: 01202 590703
email: school@bearwood.poole.sch.uk
Web: www.bearwood.poole.sch.uk

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Dear Parents/Carers,

Tomorrow the children at Bearwood Primary School will be taking part in a 'Wellbeing Afternoon'. Please find below the timetable for the afternoon, including information your child will need to join the Zoom sessions. The activities have been designed with home learning in mind and most require only simple household items, though there are some additional resources on your child's class learning platform should you wish to use these.

EYFS & Key Stage 1	
1:00 - 1:15	Zoom - 'An Introduction to Wellbeing for EYFS & KS1' with Mrs Wall Meeting ID: 899 6329 6976 Passcode: Bju4i2
1:15 - 2:30	Children are invited to choose their own tasks from a varied Menu of activities. This Menu and resources can be found on your child's Class Learning Platform .
2:30 - 2:45	Take a Break and Move your Body!
2:45 - 3:15	Zoom - 'Wellbeing Show and Share for EYFS & KS1' with Mrs Wall Meeting ID: 899 6329 6976 Passcode: Bju4i2

Key Stage 2	
1:00 - 1:15	Zoom - 'An Introduction to Wellbeing for KS2' with Mrs Bennett Meeting ID: 759 5621 2877 Passcode: BL18zh
1:15 - 2:30	Children are invited to choose their own tasks from a varied Menu of activities. This Menu and resources can be found on your child's Class Learning Platform .
2:30 - 2:45	Take a Break and Move your Body!
2:45 - 3:15	Zoom - 'Wellbeing Show and Share for KS2' with Mrs Bennett Meeting ID: 759 5621 2877 Passcode: BL18zh

We do hope that the children will enjoy the afternoon and will benefit from the opportunity to participate in some positive activities to promote their wellbeing, and develop some effective strategies to support their mental health during these difficult times.

There is no expectation for children to submit any work. Instead the children will have the opportunity to share the activities they have worked on with their friends and staff at the end of the afternoon. You are also welcome to email photographs or videos to their teachers.

Have fun!

Olivia Prince
Pupil Engagement and Welfare Office



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