

Dear Parents/Carers,

We are pleased to inform you that we have been able to secure some **Life Education workshops** as part of a personal development programme for all pupils in year 5. They will focus on physical health and well being.

This will take place on **1st and 2nd June 2026**.

Each session will last between an hour and an hour and fifteen minutes. Workshops will take place during the school day.

The content of the workshops are as follows:

- Understand that there is mental as well as physical health and discover what they can do to improve or maintain their mental health.
- Understand the key elements of a balanced, healthy lifestyle
- Recognise the impact of diet, exercise, drugs (including medicines) and lifestyle on the way their bodies function.
- Identify feelings and emotions - in themselves and others - and how doing this can help to maintain positive mental health.
- Identify qualities of friendship; reasons why friends sometimes fall out; skills for making up again

If you have any queries about the content of the workshops, please contact us here at school.

There will be a small cost of £3.60 per pupil to take part in the workshops. Please make payment via ParentPay. If your child is in receipt of free school meals they may be able to use their Selwood Activity Voucher. Please contact the Finance office for more information about this.

Kind Regards



Andy Ellett- Assistant Headteacher

'Let your light shine before others' Matthew 5 v 16
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Safeguarding is everyone's responsibility - Selwood Academy is committed to safeguarding and promoting the welfare of our children and we expect all members of staff, volunteers and visitors to share this commitment.