

Thrunscoe Primary and Nursery Academy,
Trinity Road, Cleethorpes, NE Lincs, DN35 8UL.
Tel: 01472 320781
Email: office@thrunscoe.academy
Website: www.thrunscoeacademy.co.uk
Headteacher: Mr S. P. Bate B Ed (Hons), NPQH
Chair of Governors: Mr R. H. Sperr



5th May 2023

Dear Parents/Carers,

Thrunscoe's Wellbeing Week – Week Beginning 15th May 2023

During the week beginning Monday 15th May, we will be marking Mental Health Awareness Week by holding our very own Wellbeing Week. During this week, we will be hosting a range of activities dedicated to wellbeing. In addition to class based activities, there will be a range of workshops and events taking place including:

Key Stage 2 Art Workshop

Following the success of our recent KS1 art workshop, KS2 will have the opportunity to work with a local artist, Eve Leoni. On Monday 15th, pupils will take part in a workshop that will last for 1 hour and 15 minutes during which pupils will be learning skills to create their own landscape paintings.

Sleep Awareness Day

On Tuesday 16th May, we will host a sleep awareness day, aiming to educate pupils on the importance of a good night's sleep. **On this day, we are inviting pupils and staff to come to school in their pyjamas.** The children will take part in an assembly delivered by Compass Go and complete sleep related activities within their classrooms.

Compass Go Parental Workshops

Compass Go will be coming into school on Tuesday 16th May to offer a range of drop in workshops regarding a wide range of mental health topics. A Microsoft Form will be sent to your phones with further details and will also provide you with the opportunity to sign up for the workshops of your choice.

Wear It Blue Day

On Wednesday 17th May, we will be taking part in the 'Wear it Blue' campaign. This campaign aims to raise awareness about mental health and break down existing stigmas. On this day, we are inviting pupils to come to school in blue clothing or wear blue accessories to raise money for NELC Mind. A suggested donation of £1 can be made via school money.

Thrunscoe's big bake off

This will take place on Wednesday 17th May. **Pupils will make a selection of edible treats which can purchased from your child's class between 3.10 and 3.30pm.** Profits from this bake sale will be donated to NELC Mind.

Kind Regards

Ms K Holness
Wellbeing and Personal Development Lead.



2022-2025