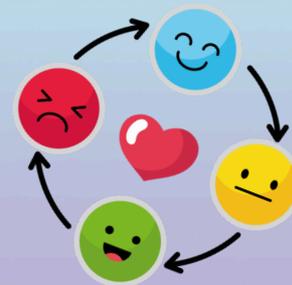




# THE WELLBEING CLUB



Does your child find the transition from school to home challenging?

Would your child benefit from guidance in how to unwind and de-stress?

If so, then why not sign them up to The Wellbeing Club with TA Mrs Miller!

**When: Thursdays from 3:30-4:30pm**

**Where: The Garden Room**

- The club offers a one hour after school session designed to provide a small number of students with a peaceful and relaxing environment.
- Activities will include mindfulness exercises, light yoga and breathing, reading, games, creative arts or simply spending time in a quiet space.
- It is an excellent opportunity for students to practice self-regulation, identify and manage challenging emotions and develop coping strategies in a fun and relaxed setting.

If you feel your child might benefit from this club please contact Mrs Miller on [wellbeingclub@outlook.com](mailto:wellbeingclub@outlook.com)  
Spaces are limited so book now to secure your child's place.

The total cost for 11 sessions will be **£88 per child.**

**Thursday 23<sup>rd</sup> April - Thursday 9<sup>th</sup> July 2026**

**23<sup>rd</sup> & 30<sup>th</sup> April 2026**

**7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup> May 2026**

**Half term 25<sup>th</sup> - 29<sup>th</sup> May 2026**

**4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> June 2026**

**2<sup>nd</sup> & 9<sup>th</sup> July 2026**

