

# **'Mental Health & Well-Being Week' 'Well-Being Fayre' for Children, Parents & Care Givers**



## **Who is this Fayre for?**

To celebrate 'Mental Health & Well-Being Week' there will be a special 'Well-Being Fayre' held in school. The children will visit this in their class or year group during the day. The Fayre will then be open to parents/carers after school.

## **What will the Fayre involve?**

At the 'Fayre' there will be 5 different workstations based around the '5 Steps to Well -Being' where children can complete different tasks including breathing techniques, kindness slips, Gratitude tree, what makes a good friend, etc. Parents can then come and celebrate what their children have completed during the day and get a chance to meet our EMHP, Chrissy. There will be useful leaflets, etc to take home too.

## **What are the dates and timings for this workshop?**

**Date:** Friday 10<sup>th</sup> February 2023

**Time:** 3:30pm – 4:15pm

**Location:** School Hall



## **Who is running this Fayre?**

This school Fayre is being run by the Southampton Mental Health in Schools Team (MHST) and supported by Sinclair Primary and Nursery School. The Fayre will be facilitated by Chrissy from the MHST



## **What if I have more questions?**

If you have any questions or concerns, you can speak to **Katherine Olney** or **Denise Williams**

