

COURTHOUSE GREEN'S WELLBEING WEEK

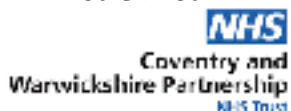
13th - 17th September 2021

MONDAY

Connect

The children will be learning all about why it is so important to look after our Mental Health, and how connecting with others can help us.

Parent Webinar 2pm
Support in our community and how to access it -
Primary Mental Health Team



[CLICK HERE TO REGISTER](#)

TUESDAY

Learn a New Skill

Today we will be learning all about Thrive, how it can help us and why we use it in school.

Parent Webinar 2pm
MIND will be holding a session on how to talk to your child about mental health.



[CLICK HERE TO REGISTER](#)

WEDNESDAY

Give to Others

We'll be having a drive for the Food Bank today, and working on some art work to display in our community



THURSDAY

Be Physically Fit

Today we'll have lots of visitors in school, introducing us to lots of different sports and teaching us why it's important to be active.

Remember to wear your P.E kit today!

FRIDAY

Take Notice

We'll be learning all about Mindfulness today and how it can help us,

