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Busby Primary School  
Church Road  
Clarkston  
G76 8EB

**Health and Wellbeing Week  
11<sup>th</sup> – 15<sup>th</sup> November 2019**

Dear Parent/Carer,

Between the 11<sup>th</sup> and 15<sup>th</sup> November, we will be hosting a Health and Wellbeing week and we have lots of exciting activities planned. The theme of the week will follow the ideas contained in the Disney Pixar film 'Inside Out'. Each class has a range of visitors and workshops to look forward to, promoting physical, emotional and mental wellbeing. I have attached a timetable of the whole week to give you a flavour of what will be happening in school. There will also be a chance for the children to relax and enjoy the film itself.

Please ensure that each day the children have their PE kit to school, both indoor and outdoor, so that they can participate fully in the physical sessions.

**For some activities, we will be welcoming Parents and Carers to come and join in with their child's learning experience. The times below show when each class will open their doors for you to join them:**

Class	Date & Time	Workshop
P1	Monday 11 <sup>th</sup> at 11:45am to 12:25pm	Relaxation
P2	Thursday 14 <sup>th</sup> at 9:50am- 10:30am	Multi-Games
P3/2	Tuesday 12 <sup>th</sup> at 11:45am- 12:25pm	Bounce Back
P3	Thursday 14 <sup>th</sup> at 11:45am-12:15pm	Multi- Games
P4a	Monday 11 <sup>th</sup> at 2.10pm-2.45pm	Relaxation
P4b	Thursday 14 <sup>th</sup> at 2.10pm- 2.45pm	Multi-Games
P5 Yeargroup	Monday 11 <sup>th</sup> at 1:30pm- 2:10pm	Relaxation
P6 Yeargroup	Monday 11 <sup>th</sup> at 9:50am- 10:30am	Relaxation
P7a	Thursday 14 <sup>th</sup> at 9:10am- 9:45am	CPR Superheros
P7b	Thursday 14 <sup>th</sup> at 9:50am - 10:20am	CPR Superheros

Please also remember that on Thursday evening we will be hosting our Family Health and Wellbeing Learning evening. If you would still like to attend and haven't yet signed up, you can do so **here: [Family Health and Wellbeing Event](#)**

I am certain that this will be another fantastic week at Busby. We look forward to seeing many of you at the events.

Yours sincerely,

Pauline Houston  
Principal Teacher.

