



# Team Build Thursday



The pupils and staff of Rigside Primary would like to invite you to join us for our

## Health and Wellbeing Afternoon

On Thursday 27.2.2020

Join your child for the following...

### P1 - P3

1.30 - 2.10pm Mindfulness with Jill

2.10 - 2.50pm Healthy snack time

### P4 - P7

1.30 - 2.10pm Healthy snack time

2.10 - 2.50pm Mindfulness with Jill

