

Hello Year 5,

As a school we are introducing 'Wellbeing Wednesday'. This is where we will all (in school and at home) have a day off our usual academic subjects and have a day to boost our mental health, wellbeing and happiness. The aim is to reduce 'screen time'. We have put together some ideas and activities for you to try at home but please do not limit yourselves to only these. These are just suggestions as you may wish to complete other activities at home with your family such as baking, going on a walk or getting creative in the garden.

We feel this is going to be a very beneficial day for you all and we would love you to send us any photographs or evidence of any activities you have been doing via the year 5 email address: year5@longsutton.lincs.sch.uk

The suggested activities are available under 'Wednesday' on the Year 5 Home learning section.

Have fun!

Miss Hannam and Mrs Clark