



Wensum Junior School - An Evolution Academy Trust School

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Dear Families,

Starting in Spring 2020, Nuffield Health will be running free wellbeing programmes in Year 6. These **swap** (School Wellbeing Activity Programme) sessions, will raise awareness and help to educate young people in key areas of wellbeing based on the latest research.

The sessions will focus on 4 focus areas entitled 'How I Eat', 'How I Move', 'How I Sleep' and 'How I Feel', based on the key pillars of nutrition, physical activity, sleep and emotional wellbeing; looking at techniques and activities to help learn good habits to promote healthy wellbeing. The programme has a whole-person based approach and has an underlying emotional wellbeing theme throughout, based on recognised CBT theory. The programme will last for around 6 weeks.

To find out more information about Nuffield Health's research and initiatives in this area, please take a look at the website: <https://www.nuffieldhealth.com/swap>

Please note: All Nuffield Health staff involved with the sessions have undergone mandatory training in key areas of expertise, including safeguarding and working with young people, and are all DBS checked, to ensure the safety and wellbeing of the children participating in any initiatives.

In the meantime, should you have any questions about swap, please do not hesitate to contact Nuffield Health at swap@nuffieldhealth.com or speak to a member of the Year 6 team.

Kind Regards

Alix Lewis and Mark Swan

