



Goldenhill Primary Academy



Head teacher: Mr. S Martin BA (Hons).NPQH

"Everyone shines at Goldenhill"

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Dear Parents/Carers,

3rd February 2026

Wellbeing Week.

Please send your child in their PE kits from Monday 9th February to Friday 13th February 2026.

We are delighted to share that The Societas Trust is launching a new initiative across our schools to become a **"Well Schools Trust"**. 'Well Schools' is a movement of over 2,000 schools and trusts taking positive action to improve education outcomes by supporting the health and happiness of their staff and pupils.

This important step reflects our commitment to supporting the physical health, mental wellbeing, and overall happiness of every member of our school community - pupils, parents, and staff alike.

To promote this initiative, we have created a "Well Schools Trust" vision focusing on what is important for our school communities - **"Healthy Minds, Happy Hearts, and Bright Futures."** This is more than a motto - it's our commitment to nurturing the whole child through an active, inclusive, and supportive environment. We are united by a shared commitment to building joyful, inclusive school communities where every child and adult feels seen, supported, and inspired.

To launch this initiative, we will be hosting a 'Wellbeing Week' across all of the schools within our Trust based upon the 'Five Ways to Wellbeing'. This will take place during **Children's Mental Health Week**, on the week beginning **Monday 9th February 2026**. There will also be external people coming into school to provide activities for the children.

Munching Monday: Children will learn about healthy eating, where food comes from, and how it helps our bodies and minds. Some classes may take part in simple food-based activities.

Technology Tuesday: A focus on healthy screen use, online safety, and using technology in a positive way.

Worry Wednesday: Children will explore ways to recognise worries and learn simple strategies to manage them.

Thankfulness Thursday: Activities will encourage gratitude, kindness, and positive relationships with others.

Fitness Friday: A day focused on movement, exercise, and the importance of staying active for wellbeing.

Sleepy Saturday: Children can learn why sleep and rest are important and how good routines support wellbeing.

Self-Care Sunday: A focus on looking after ourselves, including hygiene, confidence, and making healthy choices.

Please see next page for ideas that you can do at home

Sleepy Saturday – At Home Family Challenges

Pick 2-3 of these:

- Screen switch-off 1 hour before bed.
- Have a calm bath or wash before bed.
- Share a bedtime story together.
- Go to bed 15 minutes earlier than usual.
- Create a cosy bedtime space

Simple child challenges

- Draw your bedtime routine.
- Give your teddy a bedtime routine.
- Count how many hours you slept.

Self-Care Sunday – At Home Family Challenges

Family Self-Care Menu (choose 3):

- Go for a family walk.
- Do some drawing or colouring.
- Try 5 minutes of stretching.
- Do a calm breathing exercise together.
- Talk about how you're feeling

Child-friendly ideas

- Make a "happy list" of 5 things you enjoy.
- Help make a healthy meal.
- Tidy your room or calm corner.

We are really looking forward to sharing this special week with the children and celebrating wellbeing across our school community. Thank you for your continued support as we work together to promote healthy minds, happy hearts, and bright futures.

If you have any questions or would like further information, please do not hesitate.

Kind regards,
Miss Wood