







Coastal Together

					
Bacton Primary	Horning Primary	Mundesley Infants/SRB	Mundesley Junior	Cantley Primary	Freethorpe Primary
David Hopkins		Abi Howett		Lucy Daisley-Cramp	Robbie Houghton Rosie Maunder
Executive Head - Simon Wakeman - exechead@coastaltogether.co.uk					
Chair of Governors - Annie Edwards chairofgovs@coastaltogether.co.uk Co-Chair Mike Blake m.blake.gov@coastaltogether.co.uk					

10 November 2021

Dear Federation Parents,

I am really pleased to announce to you our federation-wide 'Mental Health and Wellbeing Week 2021' that is being held in your child's school during the week beginning 15th November.

At Coastal Together we are working hard during these pressured times, to look at ways of improving both children and staff's mental health and wellbeing. To launch this work we have organised a 'Wellbeing Week' which has lots of one-off events and also events that will become ongoing features of the school day/week. We will also be issuing a wellbeing survey to all of our children (the staff have already done one) to help us identify potential projects.

Every day in a hundred small ways our children ask, 'Do you see me? Do you hear me? Do I matter?' Their behaviour often reflects our response.

L.R. Knost



There are some common events that will run across all 6 schools e.g a live broadcast assembly to kick-off the week's events. Each school has developed a plan and at MIJS our events can be seen over the page!

We are really looking forward to sharing with you some of the outcomes of the week via a school's facebook pages and newsheets and hope that it is a good start to our wellbeing work in school.

Simon Wakeman

Executive Head



MIJS Wellbeing Week Timetable

15-19
November
2021

	AM	PM
Throughout the week	Compliment one person each day Say hello to each other in the morning	
M	Wellbeing Assembly 9:30am (Via zoom) Wellbeing survey in classes	3pm Celebration Assembly (Individual schools)
T		Inspirational quotes art 3pm Singing Assembly (MJS) 3pm Celebration Assembly (MIS)
W	Cosmic Kids mindfulness yoga	Lunchtime: Just Dance in the hall 3pm Singing Assembly (MIS) 3pm Celebration Assembly (MJS)
T	Sensory walk with quiz (MIS)	Basketball club Lunchtime (MJS) Sensory walk with quiz (MJS)
F	School PJ day (AND STAFF!!) Children in Need	Pom Pom FriYAY! (MIS) Extended enrichment from 2:30pm (special activities)

