

Runnymede St Edward's Catholic Primary School

Inspire, challenge and support through faith

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Head Teacher: Miss K Peaston



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Tuesday 6th December 2022

Dear Parents and Carers,

Once again our Wellbeing Morning Sessions with coach Shaun Threlfall have been a great success. Coach Threlfall has agreed to continue these sessions next term. These sessions focus upon mental wellbeing, positive affirmations and utilise a range of physical movement to promote a sense of wellbeing and resilience.

The sessions will remain at the same time (08.15am prompt and they will commence w/c 9th January 2022 and will end w/c 28th April 2022.

Monday at 08.15am prompt= Key Stage 2 (Year 3-6)

Friday at 08.15am prompt= Year 1 and Year 2

If you would like your child to participate please pay using the Wellbeing tab on Parent Pay before 13/12/2022. Sessions will be £33 per child for the term (11 sessions).

These sessions will begin on Monday 9th January 2023 and will finish on Friday 28th April 2023. There will be no sessions taking place during our half term.

Children should come to our visitor gate at the front of school and will be met by Mrs L Riley who will register the children as they enter the session. Pupils can bring their trainers to change into for the session.

Places for these sessions are limited. To secure your place please ensure that you pay before 13th December 2022.

Yours Sincerely

Mrs Patricia Minogue

Assistant Headteacher

