

# Wellbeing Wednesday

## Dear Parents, Carers & Families

Welcome to our first THA community Wellbeing Wednesday. We will be sending home wellbeing information, tips and tricks every week to help us all look after our wellbeing and start those important conversations.

**Our thought today is: 'What is wellbeing?' The definition is being 'comfortable, happy and healthy' but everyone sees this differently and everyone's wellbeing needs can be different at different times.**

Why not have a chat with your family tonight about their wellbeing and what it means to them?



If you want to learn more about wellbeing or you feel like you might need some extra help, the Open Minds Calderdale website is brilliant and offers lots of support. It is definitely worth having a look at and you can even get your child to have a look for themselves as it is suited to all ages. Visit the website:

**[www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)**

Look out for our weekly tips and remember to contact us should you feel your child needs wellbeing support in school.

I will be in touch again and keep you posted about all our wellbeing work as we continue to work towards achieving the 'Wellbeing in Schools Award' to recognise the great activities we have going on at THA.

**Take care and thanks for reading,**

**Mrs George and the Wellbeing Team**



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