



## To all Parents and Carers



We would like to invite you in to school to attend a **Healthy Living Workshop** being held by Santina Welch from the Mental Health Support Team. The workshop will take place on **Tuesday 5th March 2024 at 8.45am**. Please come to the school office at 8.45am to be signed in. It is estimated that the workshop will be finished by 10.00am.

This workshop is a fun way to explore healthy lifestyles.

We hope many of you are able to come and we look forward to seeing you.

