

**OXHEY FIRST SCHOOL**  
**A HAPPY PLACE TO LEARN AND GROW**  
*Excellence, Teamwork, Equality, Respect*



Oxhey First School  
Pennine Way,  
Biddulph  
Staffordshire  
ST8 7EB

Head teacher: Mrs L. Jukes  
Telephone 01782 513000  
E mail [office@oxhey.staffs.sch.uk](mailto:office@oxhey.staffs.sch.uk)  
[www.oxheyfirstschool.com](http://www.oxheyfirstschool.com)



Parents/Carers,

I am very pleased to roll out our Summer Term **Happy Mind, Healthy Me!** programme of events (please see reverse for further details and how to book). All are currently free of charge initially (some activities that are on-going may incur a small charge) and families are encouraged to join in the activities together, to promote their emotional wellbeing.

The Trailblazer drop-in sessions are for parents, carers or grandparents who wish to discuss a concern about their own or their child's emotional wellbeing or behaviour, in a familiar and confidential setting. We are also pleased to offer support for families who have experienced a recent bereavement through Dove Counselling Services. If you would like further information on this, please contact me directly on [eholt@oxhey.staffs.sch.uk](mailto:eholt@oxhey.staffs.sch.uk) or via the school office.

If you would like to attend the Tropic hand massage and relaxation workshop, please complete and return the reply slip at the bottom of the letter. Tropic products are 100% plant-based and use only natural resources, however consent is needed to use them, which can be given on the signature slip. 'Mindful Movers' family yoga sessions are designed for families of all ages to engage in together.

We hope to extend this programme with further events such as and our 'Future Minds Careers Convention' so please keep an eye on the newsletter for updates. If you require any additional details, please do not hesitate to contact me.

Many thanks for your continued support

Mrs L. Holt  
SENCO/Inclusion Lead

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**Happy Mind, Healthy Me! – Tropic Workshop Monday 9<sup>th</sup> May 3:30pm**

I, the parent/carer of \_\_\_\_\_ wish to reserve \_\_\_\_\_ spaces at the Tropic workshop.

I consent all family members using Tropic products and we do so at our own risk.

Signed \_\_\_\_\_

