



Summer Term 2 Programme of Events 2022

Oxhey First School are delighted to roll out its Summer Term 2 Programme of events for Happy Mind, Healthy Me! All sessions are designed for family participation. Please contact Mrs Holt if you require any further details.

| Event | Date & time | Led by | Booking info |
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| Trailblazers, Mental Health and Well-being Parent/Carer Drop-in Sessions | Thursdays 9:30am - 12:00pm Free of charge | Trailblazers Kathryn Howden Education Mental Health Worker | Appointments may be made through Mrs Holt eholt@oxhey.staffs.sch.uk Drop-in on the day may be available |
| 'Grief out Loud' Support Sessions Family/child bereavement support sessions | Monday 27th June 10am- 2pm Monday 4th July 10am- 2pm Monday 11th July 10am- 2pm Free of charge | Natalie Sherratt Dove Buddie Co-ordinator The Dove Service | Appointments may be made through Mrs Holt eholt@oxhey.staffs.sch.uk Drop-in on the day may also be available |
| Signal Radio – Creation Station A workshop linked to the influence of music, communication and creativity on promoting well-being. NB all children must be accompanied by an adult for this session | Monday 13th June 3:30-4:15pm Free of charge | Charlie Marlow Signal Radio | To book onto the session, please email Mrs Holt eholt@oxhey.staffs.sch.uk |
| Mindful Movers Family Yoga sessions NB all children must be accompanied by an adult for this session | Weekly sessions Commencing Friday 17th June 3:45 – 4:45pm £3 per child and £5 per adult. All participants are required to bring their own yoga mat, if possible and don't forget a water bottle! | Sarah Adams Qualified Yoga Instructor | To book on to the taster session, please email Mrs Holt eholt@oxhey.staffs.sch.uk Please indicate each participant's name and the age of each child attending on the email |