

Ysgol Gynradd Rhosddu  
Lôn Price  
Wrexham  
LL11 2NB



Rhosddu Primary School  
Price's Lane  
Wrexham  
LL11 2NB

Ffôn: 01978 318830

Tel: 01978 318830

mailbox@rhosddu-pri.wrexham.sch.uk

**YSGOL GYNRADD RHOSDDU**  
**RHOSDDU PRIMARY SCHOOL**  
Mrs M. Young B.A. (Q.T.S.)  
Headteacher

Dear Parent/Guardian

The BCUHB Health Improvement Team would like to offer parents/guardians of children attending Rhosddu School access to free sessions to support their own and their family's wellbeing. We are a multi skilled team of health improvement practitioners, providing evidence based and sustainable health promotion / health improvement initiatives in Wrexham. All sessions would be delivered by qualified DBS-checked NHS staff. We can offer the parents/guardians the following 1.5-hour sessions -

**Mental Wellbeing** – will look at some positive and negative influences on our mental health. Advice on how to break the 'vicious cycle' of thinking, feelings, behaviour, and physical sensations to improve our mental wellbeing.

**Living Life to the Full** – An 8-week programme to improve mood and mental wellbeing by making changes to thinking styles, behaviour, and physical health.

**Stress Management** – will look at recognising the signs and symptoms of stress in ourselves & others. Discussion of positive coping strategies, the 5 ways to wellbeing and a practical relaxation exercise. –

**Self-esteem & confidence** - this session will include tips on how we can build our self-esteem and confidence, as well as changing our self-talk to be more positive.

**Healthy Eating**- this session will include information about what constitutes a healthy balanced diet, the Eatwell Guide and recommended portion sizes.

**Food & Mood** – will increase knowledge of balanced eating and its importance in mood. Help to identify changes that could be made to improve overall diet.

**Sugar Awareness** - will increase your knowledge of sugar within different food and drinks.

**Energy Drinks** – will increase awareness of energy drinks and the reasons why people consume them. Discuss levels of sugar and caffeine in different products and the potential effects on physical and mental health.

**Physical Activities** – these fun sessions can be tailored to your group's needs and abilities. We can offer; buggy fit walks and exercises, games for children and their parents, Superhero circuits/ dodgeball/ rounders/ kwik cricket for school aged children, and circuits for adults. As well as Tai Chi and yoga.

***As these sessions will run after school, school will provide free childcare whilst these sessions are taking place.***

.....  
*To express an interest please tick the relevant sessions you would be interested in attending and place in a box which is in reception.*

Name .....

Mental Wellbeing		Healthy Eating		Physical Activities	
Living Life to the full		Food & Mood		Energy Drinks	
Stress Management		Sugar Awareness		Self-esteem & Confidence	

Many thanks

Mr Owen

Deputy Headteacher

*Cyfeirier pob gohebiaeth at y Pennaeth*

Please address all correspondence to the Headteacher