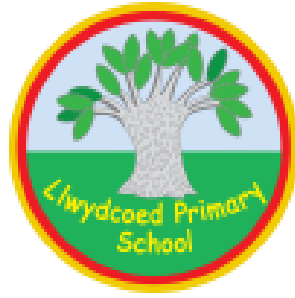


# LLWYDCOED PRIMARY SCHOOL

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"Growing, Striving, Achieving and Believing!"

January 12<sup>th</sup> 2024

Dear Parents / Carers,

As part of our new topic 'Healthy Body Healthy Mind' each class will be holding a 'Family Feelgood' session on Friday 19<sup>th</sup> January in the school hall. This will be part of our 'Dazzle Week' which will aid in helping your child develop some ideas that they would like to engage in during the topic. Up to two family members are welcome to attend the sessions.

The session will involve interacting with your child in a range of wellbeing activities which will include yoga, making a dream catcher, decorating biscuits or cakes together and a community catch up, with refreshments provided.

The times of each class session are as follows:

Dosbarth Seren: 9:30 a.m. - 10:15 a.m.

Dosbarth Heulog and Hapus: 10:30 a.m. - 11:15 a.m.

Dosbarth Enfys: 1:30 p.m. - 2:15 p.m.

Dosbarth Draig: 2:45 p.m. - 3:30 p.m.

We look forward to welcoming you for a fun filled family session.

Yours sincerely,

A handwritten signature in black ink that reads 'Mrs. N. Drew'.

Mrs. N. Drew  
Headteacher