



SIR THOMAS FREMANTLE SCHOOL

A CO-EDUCATIONAL SCHOOL FOR STUDENTS AGED 11-19

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23rd April 2020

Dear Parents/Carers,

Re: Well-being Wall Display

Firstly, I would like to wish you all well and hope that you and your family are staying safe.

In anticipation of our return to school at some point in the near future, I would like to ask for your child's input in to a new display I am planning for our 'Well-being Wall' which is located in the school cafe. The theme will be focusing upon two of the 'Five Ways to Well-being' - **Connecting and Giving**. For this I would like to display stories from our pupils about how they have managed to connect with and give to others through acts of kindness. The current times we are all living through make this even more relevant than ever and important that we promote such human qualities. Stories can be anything from regularly checking in on a friend in need of emotional support to offering to put a neighbour's bin out! Acts of kindness do not need to be anything grand or costly, just simply showing empathy and compassion is all that is required.

I would really appreciate if you could ask your child to send me their story (this does not need to be lengthy) so I can share them with the STFS community. If they would rather remain anonymous that is absolutely fine; I will not share their name with others. Please ask your child to email me at:

julie.smith@sirthomasfremantle.org

Many thanks to you all and your children. I look forward to reading and sharing some stories as a reminder of how kind and thoughtful our STFS pupils are.

Yours faithfully,

Julie Smith
Specialist Support Assistant (Medical & Well-being)

