



Hertfordshire County Council  
**HIGHBURY INFANT SCHOOL  
AND NURSERY**  
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**Headteacher: Mrs Helen Avey**

Hertfordshire County Council  
**WHITEHILL JUNIOR  
SCHOOL**  
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**Headteacher: Mr Steve Mills**



23<sup>rd</sup> January 2020

Dear Parents and Carers

Well-being is important for all of us and this year it is a particular focus at Whitehill and Highbury schools, for both children and staff.

Everyone is being encouraged to understand more about what makes them “feel good” so that they are beginning to take charge of their own well-being. With this in mind both schools have introduced the national initiative of the “Five ways to well-being” known at our schools as the “Feel Good 5” (WH) or “Feel Good Fingers” (HB) which encourages 5 key elements: connecting, giving, learning, being active and taking notice.

We will be having a coffee morning on **Monday 10<sup>th</sup> February 2020 at 9.15 am. at Highbury School**, where we are going to explain more about what the children will be learning about and how you can also use this at home.

On that morning we will be joined by Hannah Ciepiela, coach and author of “The Kingdom of Your Mind” [www.kingdomofyourmind.co.uk](http://www.kingdomofyourmind.co.uk), who will be sharing with us thoughts around how to help children with ownership of their minds and any troublesome thoughts. She will also bring along her book for anyone who is interested in buying a copy.

If you are interested in joining us and finding out more about well-being at both our schools, please register using our online booking system: <https://whitehill.parentseveningsystem.co.uk/> where you will find the necessary information. Should you encounter any difficulties please contact the school office and they will be more than happy to help book you a place.

With all best wishes,

Antonia McConnell Smith

Antonia McConnell Smith  
(Inclusion Coordinator)