



Queen Eleanor's Church of England Junior School  
*An Academy in the Good Shepherd Trust\**  
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**"A caring, supportive community, grounded in a Christian ethos, where children are inspired to explore their potential and develop skills for life."**

Head Teacher: Jo Davies

18<sup>th</sup> January 2021

### **Wellbeing Resources**

Dear Parents/Carers,

At Queen Eleanor's we appreciate the need to look after the wellbeing of both the children and the rest of the family. This is especially important during times of change such as school closures.

We have added some resources to the school website to help support children and families with their wellbeing. This includes mindfulness activities and links to websites that families might find useful. More resources may be added as time goes on or if there is a request for additional ones.

The information can be found on the website via this link - <https://www.queen-eleanors.surrey.sch.uk/page/?title=Wellbeing&pid=302>

Or on the school website under the tab – **Parent Information – Wellbeing.**

We hope you find these resources useful.

Kind regards,

Miss Sinclair (PHSE Lead) and Mrs Strickland (SENCO)