



*"With God, there is no limit to what you can do. There is no obstacle you can't overcome. Through Him all things are possible." Matthew 19:26*

Dear Parents/Carers

We are currently involved with a new exciting project in Bolton called 5 Ways to Happy Days. This promotes mental well being by teaching children 5 simple daily actions: **Connect, Learn, Active, Notice, and Give**. These build resilience and help improve mental health. These principles help to foster positive attitudes and everyday well-being.

As part of this project, we are able to offer workshops to parents. These workshops will help you to understand the five actions (**Connect, Learn, Active, Notice, and Give**) and incorporating them into daily life to build resilience and support the children's mental health. They will help you as parents to promote positive mental health and wellbeing. This will also help us to take steps to reduce stigma around mental health and build a stronger, more resilient community around the children.

These workshops will take place after school on Wednesday 11<sup>th</sup> February, Wednesday 25<sup>th</sup> February and Wednesday 4<sup>th</sup> March. All sessions will run from 3.15 until 4.30. They will be run by Eddy Kavanagh from the 5 Ways to Happy Days project. If you struggle with childcare, we are able to offer a creche where we will look after your children while you complete the sessions.

If you are interested in attending the sessions, please follow the below link and fill in the Microsoft form. Please also indicate on your form if you will be leaving children in the creche and the ages of the children.

[5 Ways to Happy Days Parent Workshop – Fill in form](#)

We hope that you find this opportunity useful and enjoyable.

Thankyou

*S Pilling*

Mrs S Pilling  
Healthy Schools Lead

