



Leppington, Birch Hill, Bracknell, RG12 7WW
Headteacher: Michael Dillon B Ed (Hons) MA

Thursday, 03 November 2022

Dear Parents/Carers,

Fantastic FRED Experience (Mental Health & Wellbeing Theatre Workshop)

As part of our ongoing Personal Development work with our children, all pupils in Years 1-6 will be participating in a free mental health workshop titled the Fantastic FRED Experience.

Launched by the NHS in 2019, Fantastic FRED is specifically designed to inform, equip and build resilience by delivering simple, memorable and practical ways that young children can look after their mental health as well as explaining the link between physical and mental health.

With tailored workshops delivered by a team of trained actors, children will learn the key focuses of:

- Food – eating the right foods
- Rest – getting enough sleep
- Exercise – being active
- Devices – managing time on devices

This workshop will be happening **Thursday 10th November**. There is no charge for this engaging and informative workshop. Children will also be given a Fantastic FRED wristband along with a parent take home resource.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Michael M', with a stylized flourish at the end.

Michael Dillon
Headteacher