

The Take 5 steps to Wellbeing Approach

- **Connect,**
- **Keep learning,**
- **Be active,**
- **Take notice**
- **Give**

contributes to improving wellbeing in its fullest sense, both physically and emotionally, where people feel good and function well.

Our school has adopted this approach to our everyday learning.

In St Canice P.S. and N.U. we are hoping to continue this into this year.

We want to inform any parents or grandparents of how they can implement the 5 Steps to Wellbeing into their everyday lives.

We are hosting a parents talk on

Wednesday 27th September, from 6p.m. to 8p.m.

to inform people of how we can improve our mental and physical wellbeing by following the 5 Steps to Wellbeing.

To book your place before Friday 22nd September

contact the school office (02877741457)

or

email to cloane443@c2kni.net