

Explore, Learn, and Grow!



AFTER SCHOOL

WELLBEING SESSIONS

Join our after-school Healthy Minds Programme, where each session takes you on a journey to explore and discover what it means to have a healthy mind!

LOCATION: St Francis Primary School,
FOR: REC, KS1 & KS2

WHEN: Tuesdays, 3:30PM – 4:30PM

Activities:

- Practising gratitude and appreciating what we have
- Understanding kindness, empathy and respect
- Learning how to be a positive member of our community
- Building positive friendships and relationships
- Developing emotional wellbeing and resilience
- Learning to communicate and manage conflict
- Building confidence, self-awareness and positive habits



Contact Information:

Enrol your child today and watch them thrive!
Limited spaces available—follow the payment link to secure your spot.

6 week block – £42

Starting: 3rd November 2026

<https://www.happyhealthyminds.co.uk/store/p/after-school-club-stfrancis-autumn22026>

