

OCKER HILL ACADEMY

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Ocker Hill Academy



6th May 2026

Dear Parent/Carer,



Mental Health Week 18th – 21st May

We have a fun packed week across all years – I have listed below just some of the activities that will be taking place.

MONDAY – MINDFULNESS

- Carousel Workshops – may include Yoga, Dreamcatchers, Worry Stones, Glitter Jars etc

TUESDAY – SPORTS FOCUS

- Assembly with BC Tigers
- Martial Arts Workshops
- ALL children can leave their uniform behind and come in comfy clothes or their PE Kit

WEDNESDAY – HEALTHY BODY HAPPY MIND

- Lessons to include healthy eating, good food choices
- May include some healthy cooking
- Y4 Performance (details in letter sent out previously)



INVESTOR IN PEOPLE

• Principal: Mr J Farmer •



THURSDAY – EMOTIONS AND FEELINGS

- Controlling Emotions
- Friendship Bracelets
- Drama Scenarios
- Good Choices
- Parent Showcase – we would like to welcome parents in on Thursday at the end of the day to come and see all the lovely items that have been made during the week. If you can collect your child first at 3.30 then head to the hall for a look around

FRIDAY – REMINDER THE ACADEMY CLOSED - TRAINING DAY

I think you'll agree it sounds like a very exciting week, and we hope the children have lots of fun!!!

To help towards some of the cost for all the activities/visitors this week there is a MENTAL HEALTH WEEK payment option on WEDUC – this will be available from tomorrow.

Thank you in advance for your support.

Yours sincerely,

Mrs Smith