



**MOUNT  
PRIMARY  
SCHOOL**

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Deputy Headteacher  
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13/03/2024

### Wirral Lifelong Learning Art courses for Wellbeing

Dear families,

In the summer term, we are working alongside Wirral Lifelong to offer an art course to promote positive wellbeing. These courses are aimed at developing creative skills within a friendly and relaxed environment. Creating art provides a positive distraction, giving the brain a break from its usual thoughts. Activities such as drawing, painting, sculpting, assembling, are relaxing and rewarding activities that can lower your stress levels and leave you feeling mentally clear and calm.

All courses and workshops are taught by an experienced and qualified Art & Design Teacher and take place at Mount Primary. There will be no cost for these sessions. The sessions will be held during the school day and it will be an opportunity to work alongside your child to create some art work together.

The first course that we are offering is silk painting. The course will run for 4 weeks.

**Day:** Wednesday

**Time:** 10-11:30

**Dates:** 17<sup>th</sup> April, 24<sup>th</sup> April, 1<sup>st</sup> May, 8<sup>th</sup> May

Please email the school office if you are interested in attending this course as places are limited.



Thank you for your continued support,

Miss K Eyres  
Deputy Headteacher

Mount Primary School. Respect yourself, respect others, respect our world.

