

MONDAY 28TH
SEPTEMBER

ROBY PARK PRIMARY WELLBEING FESTIVAL 2026

We are delighted to announce the launch of Roby Park Primary School's first-ever Wellbeing Festival, a fun-filled day dedicated to helping every child feel happy, healthy and confident.

Throughout the day, special visitors will deliver a range of exciting and interactive workshops based on the Five Ways to Wellbeing:

- Connect with others
- Be Active
- Give to others
- Keep Learning
- Take Notice of the world around us

As children take part in each activity, they will collect stamps in their very own Wellbeing Passport, recording their journey through the festival and celebrating everything they have discovered.

The festival will help pupils learn practical strategies for looking after their mental and physical wellbeing, developing positive relationships, building resilience and recognising the importance of kindness, curiosity and gratitude. Most importantly, it will show children that looking after their wellbeing can be fun!



WELLBEING ACTIVITIES

Children will take part in an exciting and inspiring day of activities based on the Five Ways to Wellbeing: Connect, Be Active, Give, Take Notice and Keep Learning. Each experience has been carefully planned to help children develop confidence, build positive relationships, learn new skills and discover practical ways to support their own wellbeing and the wellbeing of others.

Throughout the festival, children will enjoy a wide range of interactive workshops and hands-on activities. These will include meeting animals from a mobile farm, poetry, yoga, boxing, art sessions, outdoor storytelling, OPAL play and wellbeing forest school sessions.

Children will have opportunities to prepare healthy fruit kebabs, design balanced lunch plates, plant seeds and create bird feeders and bug hotels. They will also explore kindness, gratitude and positive relationships by designing family appreciation trees, writing kindness postcards, contributing to a compliment wall and creating "Who Can Help Me?" support hands.

Activities such as litter picking will encourage children to care for their school and local community, while vision boards will help them think positively about their hopes, goals and aspirations. Children will be encouraged to slow down, notice the world around them, appreciate nature, try something new and celebrate their own strengths and achievements.

It promises to be a fun-filled and memorable day where every child can connect, get active, give to others, take notice and keep learning, while developing valuable skills to support lifelong positive wellbeing.



SOMETHING FOR THE PARENTS

Parenting can be wonderful, but it can also be difficult. You do not have to navigate it alone. 🧡

We are delighted to welcome Confidently Support to deliver a positive parenting workshop on:

 17 Monday 28th September

 10.00am and 11.30am

The workshop will give parents and carers time to reflect on personal parenting values, reconnect with their own identity and take part in a relaxed talking circle. It is a supportive space where participants can talk, listen and feel heard without judgement. You will never be asked to share anything you are uncomfortable with. Sign up here to save your place and come join us for a coffee, chat and a chance to reset ❤️

Sign up here: <https://forms.gle/H1x41Yodt3re2AP97>

JOIN US FOR BREAKFAST

Parents and carers are warmly invited to join us in the school hall for a delicious breakfast treat and a choice of hot/cold drinks while you browse our information and support stalls.

Come along and meet representatives from Volair, Knowsley Green Spaces, Active Travel, Healthy Knowsley, the School Nursing Team and the Immunisation Team, who will be available to offer friendly advice, information and support.

There will also be a selection of free fruit and vegetables for you to help yourself to and take home to incorporate into your family meals. The event will run until 10.00am. We would love to see you there!

