



St. John with St. Augustine C. E. Primary School,
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Dance Start

Dear Parents and Carers,

We are delighted to announce an exciting new initiative starting after the Easter break that aims to give our pupils a fun, upbeat, and creative start to their school day.

Beginning shortly after Easter, we will be introducing a morning dance session at approximately **8:45am**. This will be a joyful opportunity for pupils, parents, and staff to come together to dance and energise themselves before lessons begin. We have already trialled a mini version of this session with the children, which was met with great enthusiasm and success.

Research shows that engaging in expressive arts such as dance supports children's imagination, creativity, and self-expression. It also promotes physical well-being, social skills, and positive mental health. Starting the day with movement and music can boost mood, improve focus, and create a positive learning mind-set. Moreover, involving parents in these sessions strengthens home-school relationships and fosters a supportive community around our children's learning and well-being.

We hope you will support this initiative by encouraging your child to participate and, if possible, joining us to dance alongside them. Together, we can help our children begin each day with confidence, happiness, and a sense of belonging.

Thank you for your continued support in making St John with St Augustine a nurturing and joyful place for every child.

With best wishes,
Mark Proctor
Headteacher



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