



PARK HILL JUNIOR SCHOOL

Wednesday 8th October 2025

Exciting New Community Wellbeing Initiative

Dear Families,

We are delighted to announce a new initiative aimed at promoting positive wellbeing for our students and fostering stronger connections within our wider community.

Starting soon, every child in the school from Years 4-6 will have the opportunity to participate in regular visits to our local care homes: Cedar View Care Home and Red Court Care Home.

What Does the Visit Involve?

The children will visit the care homes once every fortnight for thirty minutes.

During their time, students and residents will engage in shared activities that align with the 5 Ways to Wellbeing:

- **Connect:** Building relationships with the care home residents.
- **Be Active:** Participating in light, shared physical activities (e.g., gentle movement, games).
- **Take Notice:** Being present in the moment and observing the world around them.
- **Keep Learning:** Sharing skills, stories, and knowledge with the residents.
- **Give:** Contributing to the happiness of others through their presence and participation.

This experience offers a wonderful opportunity for the children to develop empathy, confidence, and a sense of belonging, while also bringing joy and engagement to the residents.

Opting Out

We believe this will be a highly valuable and enriching experience for all our students. However, if you **do not** wish for your child to attend these visits, please inform the school office in writing by [10th October 2025].

We look forward to seeing the positive impact this new connection will have on our students and the community.

If you have any questions, please do not hesitate to contact the school office.

Sincerely,

Miss Colley - Family Support Worker - Mental Health Lead



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