

## Whitstable Junior School

Oxford Street, Whitstable, Kent, CT5 1DB Tel: (01227) 272385

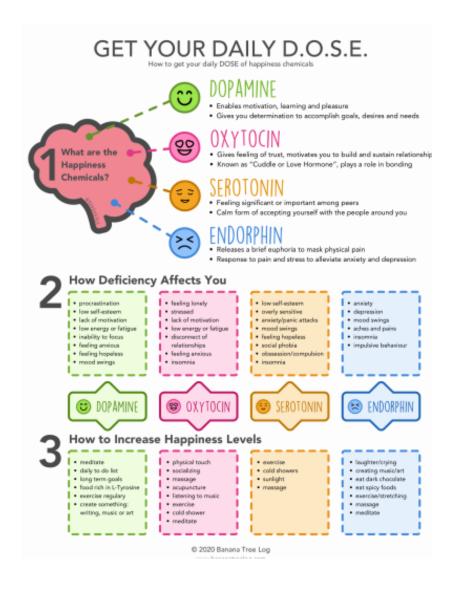
Headteacher: Mrs. Annie Knoupe BA (Hons) PGCE e-mail: manager@whitstable-junior.kent.sch.uk

Friday 5th June 2020

Dear Parents and Carers,

Hello and welcome to this week's **Feel Good Friday**! This is our first Feel Good Friday letter for term 6. I hope you all had a wonderful half term and enjoyed the beautiful weather we were blessed with. Let's hope it comes back again soon.

Now we are able to go out and about a bit more (socially distanced of course) and able to connect more once again with others, we should be able to boost our happiness chemicals each day, but are you getting enough? The photo below, shows you how the happiness chemicals can affect you and how you can get your daily dose and increase happiness ©





















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You can also read all about the happiness chemicals at:

https://www.bananatreelog.com/blog/daily-dose-of-happiness-chemicals

See how many boosting activities you can do over the weekend.

See you next week,

Ms Collin, Leanne and Naomi. The Wellbeing Team















