Good Morning,

All our classes from Primary 1 to 7 enjoyed 3 Relax Kids sessions with Louise Malcolm, with the key purpose of promoting positive mental wellbeing.  Unfortunately, due to school closure we did not get to finish our sessions with her however she has kindly made some videos of Relax Kids sessions for us to share with our children.

I have created a Relax Kids GLOW page (See below for directions on finding your way there).  On the GLOW page you will see the video link for your child or indeed yourselves to access.  The video sessions continue to provide the children with a range of strategies to help them learn and use relaxation techniques to further develop resilience, build confidence and become more aware of their feelings.

Copy this link - <https://sts.platform.rmunify.com/Account/SignIn>  (Google Chrome often works best for GLOW)

* Enter your **child’s username** and **password**

**Once logged in**

* Click on the school symbol down the left-hand side (looks like a house)
* Click on the ‘**sharepoint**’ tile to take you to the school page
* Click on ‘Relax Kids’ - it is quite far down the list - bottom right corner
* Click on Relax Kids video link.

I hope you all enjoy these sessions with Louise or as my P2 child calls her ‘Miss Louise’!

Kind regards

Dawn Anderson

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**‘Being the best we can be’**

**Respect-Honesty-Responsibility-Kindness-Hardworking**