



Thursday 4th June 2026

Year 5 and 6 ME Festival Thursday 11th June

Dear Parents and Carers,

We hope that you are well and that you enjoyed a wonderful sunny half term. I'm delighted to inform you that we have secured spaces for all of our year 5 and 6 pupils to attend the ME festival at Himley Hall next Thursday. This event will take place during school hours and children will be transported to and from Himley via coach.

The ME Festival 2026 is fully funded by Dudley Group NHS Charity and Dudley Group NHS Foundation Trust. It is an inspiring, full-day event designed to boost confidence, resilience and wellbeing among Year 5 and 6 pupils across the borough.

The event will be centred around the Five Ways to Wellbeing — Give, Keep Learning, Be Active, Take Notice and Connect. Throughout the day, pupils will have the opportunity to try new experiences, develop practical life skills, build emotional resilience and celebrate what makes them unique.

Activities and workshops will include:

- **BEFAST Stroke Awareness Workshops** – helping pupils recognise stroke symptoms, dial emergency services and understand basic first aid, including the recovery position.
- **Forest School & Nature Connection** – sensory exploration, meditation, gratitude activities and nature-based learning.
- **Nervous System Regulation & Mindfulness** – interactive sessions helping children understand emotions and develop calming techniques to manage “big feelings”.
- **Creative Neon Keyring & Badge Making** – designing wearable positive affirmations and motivational messages.
- **Challenge Academy's Bags of Character** – teamwork, leadership and problem-solving activities to build confidence.
- **Mask Theatre Workshops with Vamos Theatre** – energetic, creative sessions exploring physical theatre and character creation.
- **Charity Fundraising Challenge** – pupils work together to support a real NHS appeal and explore how they can make a difference in their community.

In addition, a wide range of local services and organisations will host interactive stalls focused on mindfulness, emotional wellbeing, physical activity, sensory exploration, music, science and accessible technology.

All children attending will receive a **certificate and pledge photo** following the event.

There is no cost for this event. Children will need to attend in **full PE Kit** (including suitable school shoes) and will need to bring a **packed lunch and several drinks** for the day. Children will need to carry these so may wish to bring lunch in a carrier bag (which can easily be disposed of). With the lovely weather we are experiencing at present, it would be advisable for children to come to school wearing sunscreen and also to have a sun hat.

If you require a free school meal from school, please contact the school office by Tuesday 9th June to secure a 'grab bag' is pre-ordered.

We require permission to take the children off school site and request that consent is given via the attached link as soon as possible.

If you have any queries or questions, please don't hesitate to speak to myself or your child's teacher. We look forward to sharing more details upon our return of what promises to be an inspiring and memorable day of creativity, wellbeing and discovery.

With best wishes

Mrs Richardson and The Year 5 and 6 Team

"Dingle Community Primary School, where every child has a **V.O.I.C.E**"

V-be Valued for who you are, **O**-have **O**pportunities to grow, thrive and make a difference. **I**-feel Included with a sense of belonging. **C**-Care for and be part of our community. **E**- have high **E**xpectations of ourself and others.

"A child who feels heard becomes a child who dares to dream"