

The Thrive Tribe Programme
"Encouraging and Developing a Healthy Mind and Body"



Dear Parents

Welcome back!

We are very excited to be bringing back **The Thrive Tribe Programme** to OLOR.

BSBC are now champions of raising awareness and supporting Mental Health and Wellbeing Initiatives within Schools. We have taken time to complete many courses to help children and teenagers in schools understand the need to talk and take action when mentally and physically struggling.

We have created our own Positive, Mind and Body programme called **The Thrive Tribe**, which helps both boys and girls improve their self-esteem, confidence and positivity towards themselves and others. Sessions focus on being kind and encouraging, respecting and addressing who they are, and how they look and feel. The aim is for participants to develop their own positive step-by-step action plan.

These sessions will be short task-based sessions in a private setting in school, with some fun movement activities from time to time. This is so that the participants feel welcome, safe and comfortable talking to me and others in the group about all things mind and body-related.

We hope your child joins the programme and benefits from it as much as we have from our courses and development. Our Lady of the Rosary will be covering the cost of this programme to help support the needs of pupils in their school.

To sign your child up, please forward their name to Mrs Groves.

Year 6 Girls

Tuesday Lunch Time: 12.30-1.00 pm

For any questions, please contact ruth@bitesize-bootcamp.com or call 07495772475.
We are looking forward to seeing you at our exciting club next week.

Thank you,
Ruth McShane
Director and Chief Exercise Officer



Bitesize Bootcamp



BitesizeBC



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