



# Guru Nanak Multi Academy Trust Ltd

Incorporating:  
Nanaksar Primary School &  
Guru Nanak Sikh Academy  
Founder – Sant Baba Amar Singh Ji

4<sup>th</sup> October 2021

Dear Parent/Carer

We are pleased to announce that Guru Nanak Sikh Academy is working towards a Wellbeing Award.

This award will strengthen the initiatives that are already in place across the MAT such as Wellbeing Ambassador, PSHE lessons focusing on Self-Esteem and Self-Confidence, Wellbeing booklets and Anti Bullying campaigns to name a few.

The award will promote emotional wellbeing and positive mental health to become the heart of the culture and ethos of the school. We believe that positive wellbeing aids learning and allows children to thrive with high academic achievement.

With the long term impact of Covid, it is important that we build students' self-confidence, resilience and self-belief.

We will share the progress of the award with you over the next 12-15 months and hope that we have your support with some new initiatives that will be put in place. In the meantime, we will be sharing a link for a survey which we would appreciate you spending a few moments to complete. The survey will be sent out on Tuesday 5<sup>th</sup> October.

Thank you in advance for your support.

Yours faithfully

*GNSA Wellbeing Team*

**Mrs G Sidhu**  
Assistant Principal  
Teaching & Learning

**Mrs K Grewal**  
SEND Team &  
Safeguarding Officer

**Mrs D Khilnani**  
PE Teacher &  
PSHE Lead

**Mr A Khangura**  
Maths Teacher

**Mrs Y Ashcroft**  
English Teacher

**Ms N Boyce**  
Year 5 Teacher

**Ms S Weeks**  
RE Teacher

**Mrs A Bhatt**  
Year 2 Teacher