

28th September 2026

Dear Parents/Carers,

At Enfield Heights Academy, the emotional wellbeing of our pupils is very important to us.

This term, we are fortunate to have a day of workshops focusing on positive well-being and mental health delivered by Magical Minds and the Truefitt Dance Company. Other schools in with our trust have praised the Truefitt Collective's work.

On Wednesday 7th October, they will be in school to deliver a special assembly to Years 1 - 6, followed by workshops throughout that day in each class.

In January, the Truefitt Collective will return to run further workshops with children across the school. You will receive more details closer to those dates if your child is involved.

We hope the children will enjoy this exciting opportunity.



Kind regards,

S. Gannon

Headteacher