



In joint partnership between the Glamorgan School Council and Glamorgan Junior Public School, we invite you to an evening of

Good Health and Well-being: Bollywood Dance, Yoga and Mehndi!



Part of our School Improvement Plan is to centre student lived experiences, mental health and well-being, as we strengthen caring relationships and develop positive peer, family and community interactions.

November is Hindu Heritage Month – a month to recognize and celebrate the rich tapestry of Hindu traditions. In an effort to support student and community joy, belonging and connection, the Glamorgan School and School Council are partnering to host an artistic evening of expression for all Glamorgan students and families. The evening is an opportunity for students and their parents/caregivers to spend quality time together while participating in Bollywood dancing, yoga and Mehndi design! Participants will be organized into groups so that they can experience each event station over the course of the evening.

Light refreshments of samosas and sweets will be sold at the event with money raised going toward student performances and technology.

Date: Thursday, November 30, 2023

Time: 6:15 PM to 8:00 PM

Please **enter at Door 5** off of the parking lot and join us in the small gym to start the evening! Please dress in comfortable clothing for the activities scheduled.

REGISTRATION FOR THE EVENT IS REQUIRED

This will help us in organizing the groups and understanding how many people to expect.

Please complete this Google Form by Wednesday, November 22, 2023

Google Form Registration: <https://forms.gle/P5AGdETEAKSXTaKw6>



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