



09 May 2022

Involve to Evolve – Open Day Saturday 14th May 2022 10:30-2:30pm

Dear Parent/Carer,

You have been sent an invitation to join our open day, you will find below some more details around this including a short video clip from Derek Gall – CANI Coaching which can be viewed [here](#).

We are excited to open our doors and welcome you into the building to experience what is set to be a fantastic open day. There will be workshops for you to opt into over three sessions including lunch. There will be valuable input from our Head Teacher, Hugh McAninch around opportunities for parental engagement within the school and a session with Derek Gall to address the following question: *What would parents like to see in the future that benefits pupil welfare?* This is your opportunity to contribute to our journey of school improvement which we are delighted for you to be part of.

The Involve to Evolve day will be structured as follows:

- 10.30 am – Welcome from Mr McAninch and brief introduction
- 10.40am – Derek to facilitate session with participants addressing the question above
- 11 am – Activity 1
- 12 noon – Lunch
- 12.30pm – Activity 2
- 1.30pm – Activity 3
- 2.30pm finish

Please follow this link, which will allow you to book onto the sessions electronically. <https://forms.office.com/r/zuWCrfask4> The link will close on 11/05/2022 at 3pm. Please note once a session is full you will not be able to book so please ensure you do this as soon as possible. All activities last 1 hour except the massage which will be 30mins sessions.

The activities on offer will include:

- Yoga/Meditation
- Qi Gong (Qi Gong has its roots in Chinese medicine, philosophy, and martial arts. It uses flowing movement in a slow, coordinated way, encourages deep breathing and is a moving meditation leading to a calm state of mind. Research has shown that qi gong reduces stress hormone levels in the body and can improve immunity with regular practice.
- Group Fitness
- Massage
- Football skills with Dundee United Football Club community coaches
- Managing Conflicts & Dealing with Teenagers
- Baldragon Bee Academy Tour
- Baldragon Bike Academy: Bring along your bike for maintenance and simple adjustments

We look forward to welcoming you into Baldragon Academy and send out a special invite to our P7 parents, our CANI graduates' staff/pupils, and parents.

Regards,

Mrs Hayley Ross – Acting DHT