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KS2 Wellbeing Workshops

Dear Parents and Carers,

We are writing to inform you that our Mental Health Support Team (MHST) worker, Ella Wright, will be delivering a wellbeing workshop with our pupils, during the school day, on Thursday 29th January.

The workshops will be run separately for children in Webb Class and Attenborough Class, ensuring that sessions are tailored appropriately to each group. During the workshop, pupils will take part in age-appropriate activities designed to support emotional wellbeing and help them develop positive strategies for managing feelings and challenges.

This workshop forms part of our ongoing commitment to supporting children and providing them with child-friendly strategies to help them cope.

Ella works closely with schools to promote good mental health and wellbeing in children and is experienced in delivering engaging and supportive sessions.

Thank you for your continued support.

Yours sincerely,

Karen Ward
Headteacher



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