



# St. John's CE Primary School

Mill Lane, Wetley Rocks, Stoke-on-Trent, Staffordshire, ST9 0BN

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Head of School: Sarah Stone



Dear Parents / Carers,

On Thursday 16<sup>th</sup> June, we have arranged Mental Health Champion training workshops for some of the children at St John's (Year 1, 2 and 5). It is hoped that this can be rolled out to all other year groups in Autumn 2022.

The workshops will be run by an external agency and will provide an opportunity to empower our pupils to promote and support positive mental health across the whole school. Pupils will learn and experience:

- A deeper understanding of their own mental health.
- The 5 key skills and 5 qualities of a great Mental Health Champion.
- Evidence based approaches to caring for their own mental health.
- Opportunities to practice and role play strategies.
- Practical tips for providing support to their peers.
- To develop an action plan of how they can promote positive mental health around school.

At the end of the school day, an additional workshop is available to parents to gain more understanding of what the children have been taught and how they can continue/support this at home. This is open to all parents/carers of St John's pupils and will run from 3:30 until 4:30pm. Pupils are welcome to attend the session with their parents/carers.

To assist with planning, please could you email ([jgraham@st-johns-wetleyrocks.staffs.sch.uk](mailto:jgraham@st-johns-wetleyrocks.staffs.sch.uk)) or return the reply slip to school if you would like to attend the workshop on Thurs 16th June at 3:30pm.

We look forward to seeing you there!

Mrs J Graham

Senior Mental Health Lead

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I/We would like to attend the Mental Health Champions Workshop on Thursday 16<sup>th</sup> June at 3:30pm.

Name(s) \_\_\_\_\_

Pupils attending: \_\_\_\_\_ Year: \_\_\_\_\_

\_\_\_\_\_ Year: \_\_\_\_\_

\_\_\_\_\_ Year: \_\_\_\_\_

*"SHINE like the star you are."*

