



## Hampshire Child and Adolescent Mental Health Services

Dear Parent/ Guardian/ Carer,

There is growing recognition that young people's emotional and mental health is an important component of overall health, wellbeing and happiness.

St Marks Primary School together with Hampshire Child and Adolescent Mental Health Service (CAMHS) will be running an interactive and engaging emotional wellbeing programme (made up of three workshops) for all young people in Years 5.

The aims of the emotional wellbeing sessions are to:

- Develop a child's understanding of emotions and how to communicate and express themselves emotionally
- Develop and enhance a child's emotional resilience by providing techniques and strategies to help them to cope with emotions such as anxiety, sadness and anger.
- Improve confidence in children asking for help if they are struggling emotionally and to educate children in how and where to access support if necessary.

Three workshops lasting 1 hour in length will be delivered in small groups (of between 10-15pupils each) on; **10<sup>th</sup> January 2024 (session 1), 17<sup>th</sup> January 2024 (session 2) and 24<sup>th</sup> January 2024 (session 3)**. The expectation is that for a child to gain maximum benefit, they must attend all three sessions. All sessions will run during the school timetable. Sessions have been devised by and will be delivered by clinical practitioners from CAMHS with a member of teaching staff present throughout.

During one of the sessions we will be introducing the concept of making a self-sooth calm box. This will require all children to source a box (i.e., shoe box, cereal box, or a cardboard box). If you have trouble accessing a box for your child, please let the school know and together we will ensure that your child is provided with one.

Additionally, we will be offering an optional (but recommended) pre-programme parent workshop in order to share details of the programme and explain how best parents can use the programme material to support their child. This workshop will be run on **3<sup>rd</sup> January 2024 at 2.45 pm at the school.**

If you require any more information, please see the enclosed information leaflet or contact your School's Mental Health lead who can contact us.

Service provided by Sussex Partnership NHS Foundation Trust

# C.A.R.E.

(COPIING AND RESILIENCE  
EDUCATION) PROGRAMME