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Dear Year 5 parents and carers,

## Essential Life Skills Sessions



We are delighted to inform you that we will soon be offering an education programme to our Year 5 children, which will be delivered by 'Thumbs Up' Education.

The programme is delivered over 5 weeks of one hour sessions. Each session will focus on supporting and developing essential life skills and will include aspects of positive mental health and well-being.


The key elements of the programme include:

1. Session One - Getting To Know Each Other
2. Session Two - Understanding Thoughts, Feelings and Behaviour
3. Session Three - The Importance of 'You'
4. Session Four - Mind Over Matter
5. Session Five - Living with Happiness and Positivity

The programme will commence on Friday 10<sup>th</sup> January 2020.

Thumbs Up Education have delivered this programme in many other schools and it has proven to be particularly effective for providing children with useful tools and strategies to help them deal with challenging and perhaps more stressful situations or events in life, such as examinations, transition to secondary school and peer pressure. It is a proven scheme which also helps to develop self-confidence and self-esteem and we hope that our children will find it very beneficial.

Yours sincerely,

  
P.P. Mrs J Callaway  
Headteacher