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8th December 2023

Dear Year 5 Parents and Carers,



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

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 getting to know each other, understanding thoughts, feeling and behaviour, the importance of 'You', mind over matter and living with happiness and positivity.

The programme will commence on Friday 12th January 2024.

Flourish Wirral 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

Mrs J Callaway
Headteacher



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