



Dear Parents and Carers,

The Conversation Stamford has been invited into your school on the 12th, 22nd and 29th of March to deliver their Mental Health and Wellbeing workshops.

The team are experienced, professional and skilled in delivering high quality workshops. The programme the team has developed is in response to requests from primary schools and the new curriculum and will complement work your school is delivering in Personal, Health and Social Education and in helping to keep children healthy.

We aim to teach children in a safe and secure atmosphere where respect and regard for each other is established as well as confidence and trust. All presenters are qualified and experienced practitioners. A member of the school staff will be present during our presentations. All staff at "The Conversation" have current DBS checks and recent safeguarding training.

The Workshop is designed to cover areas of the new health curriculum. It explicitly addresses the five ways to wellbeing and getting students to explore practically how they can make choices to ensure positive mental health. A large proportion of the workshop is focused on the importance of understanding our emotions. We also explore the impact of other's behaviour on our self-esteem and consider how we can support each-other better and develop a culture of kindness. A significant part of this work is about equipping children with the tools to protect themselves and the ability to make healthy choices.

We provide a Pupil Pack which contains materials for reference and consolidation work. We recognise that you, as parents, have a key role in underlining the importance of this content to your child; we would encourage you to discuss the work we have done together, using the pupil pack as a reference, after the workshops.

These workshops form part of the compulsory curriculum but if you have any questions we will be happy to speak with you, either personally or by email [see below for contact details].

Yours sincerely,

The Conversation Stamford