



Sutton in Craven C.E (V.C) Primary School

Headteacher: Mrs O Gibbons

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Tuesday 8th June 2021

Dear Parents/Carers,

As you are aware we have an in-house Mental Health Support team working with our children and staff. The final summer term is a busy one, especially for our Y6 pupils, therefore, the team have put together a six-week workshop focussing on self-esteem and confidence.

The workshop will also incorporate some transition work and cover any fears and worries the children may have around their move to high school.

Below is an overview of what will be covered.

Session Number	Topic
Session One	Introduction to self-esteem and confidence
Session Two	Impact of negative words on others
Session Three	Impact of negative words on ourselves
Session Four	How does that make me feel?
Session Five	What makes me, me!
Session Six	Round off / Positive Change

Each session is delivered by our Education Mental Health Practitioners Verity and Elizabeth who will incorporate group/class discussions and activities too. The workshop will run each Thursday over six consecutive weeks.

We are very happy to have this opportunity for our children especially under the current circumstances and know that this will only support their transition as they take the next step on their learning journey.

With very best wishes,

Orla Gibbons

Mrs Orla Gibbons

Headteacher

