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Wednesday 9<sup>th</sup> February 2022

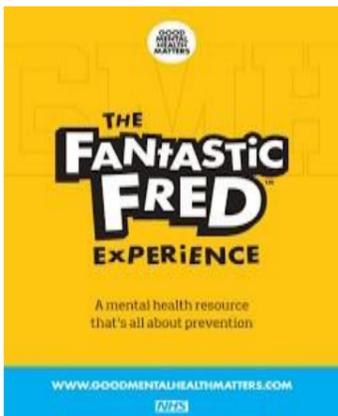
Dear Parents,

I'm very pleased to introduce you to our Emotional Wellbeing Champions!



The Emotional Wellbeing Champions programme was developed by the RBWM Psychology, Wellbeing and School Support Service to raise awareness and knowledge of positive mental health and to create an open, supportive culture around mental health in schools.

Our Emotional Wellbeing Champions have recently received remote training which involved information about the importance of their role and encouraging them to think of a creative campaign. The aims are to equip children with knowledge on mental health and emotional wellbeing, to encourage them to tackle stigma in their school, and to empower students to develop anti-stigma campaigns for their school.



### **The Fantastic FRED Experience**

We will be pleased to invite The Fantastic FRED Experience on Monday 28<sup>th</sup> February to "kick start" our Emotional Wellbeing Campaign.

This experience is an educational mental health resource for primary-aged children delivered by a team of trained actors. Specifically designed to inform, equip, and build resilience, it delivers simple, memorable and practical ways that young children can look after their mental health and explains the link between our physical and mental health.

The Fantastic FRED team have produced a video to summarise what the children will learn and help communicate the messages so that the children's learning can carry on at home too. To watch the video, please use this link: [www.youtube.com/watch?v=HYkP5zOR7gw](https://www.youtube.com/watch?v=HYkP5zOR7gw)

### **Our Campaign**

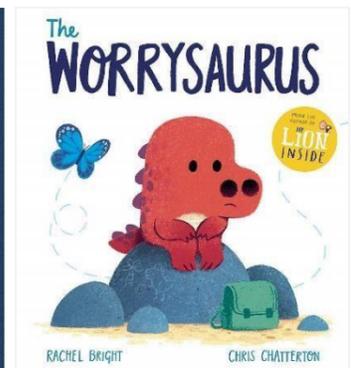
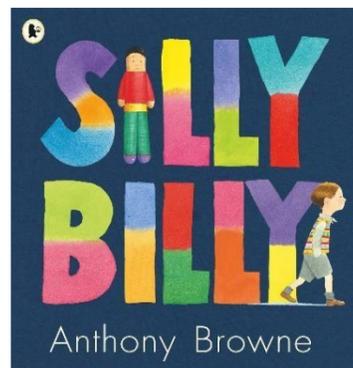
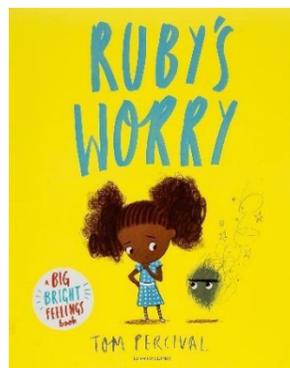
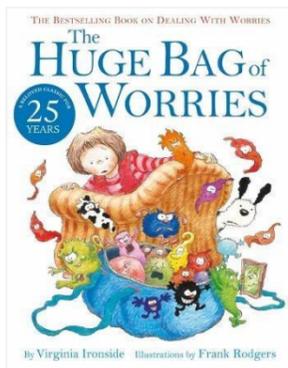
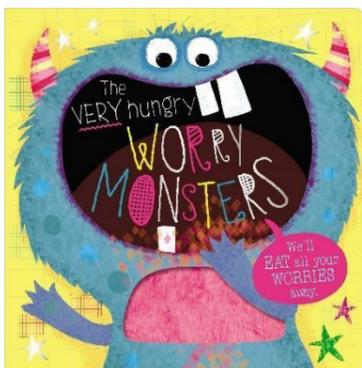
Our Emotional Wellbeing Champion Campaign will centre around the theme of worries: what they are, how to recognise them, and what you can do if you feel worried. The Wellbeing Champions will be reading the stories to the children and then discussing the messages share within them. At the end of each video a craft will be introduced and then completed in classes. Our aim is to show that worries can present in a variety of ways and affect people differently. Our videos will be shared here:

<https://www.youtube.com/playlist?list=PLi86JfCEyMdKowD3ua-sQzloXSJBgw2p>

You can also keep up to date with our campaign by visiting:

<https://www.stedwardscatholicfirstschool.co.uk/SEND/emotional-wellbeing-champions>

These are the stories we will be sharing:



We hope this will be a successful campaign and that the messages shared lead to positive discussions and support.

If you have any questions or suggestions, please don't hesitate to contact me.

Mr Keohane  
SENDCo