



## Two Valleys and Jenby's Health and Wellbeing Project

Dear Parents,

The schools listed above form part of the 2VLC (Two Valleys Learning Collaborative) and we have been working together for many years. Each half term the Head Teachers join together for the strategic board meetings and many of our teachers and SENCOs carry out joint work stream projects.

We have recently been successful in securing 'Essential Skills for Life Funding', through the Bradford Area Opportunity Bid, to develop a bespoke mental health and wellbeing program that we can offer to our children.

### What is the funding for?

The Essential Life Skills Funding is designed to support the delivery of extra-curricular activities for young people across the Bradford district from April 2018 till August 2019. The Essential Life Skills Funding is aimed at increasing participation in extra-curricular activities that help children and young people develop resilience, team working, communication and other 'essential life skills', proven to increase confidence, broaden horizons and support social mobility. To ensure the funding can benefit as many children for as long as possible a partnership has been formed with schools across the Two Valleys Learning Collaborative and Jenby's psychological services.

All schools will be working closely with Dr Natalie Jewitt, Clinical Psychologist, and our key aim will be to equip teaching staff, pupils and parents with knowledge of how to promote emotional and mental health within school, recognise when a child may require additional support and equip them with tools to manage common child emotional and mental health issues such as: anxiety; stress; friendship problems; bullying; self-esteem; and the ability to understand, manage, and express their feelings.

On Thursday evening over 100 teachers joined together at Addingham Primary School to begin their training at the launch event, we were also joined by Dr Rayment from Burley in Wharfedale as she is leading a Well Wharfedale Mental Health project (please see flyer attached to this letter) and is interested in helping promote healthy minds in schools.

Dr Natalie has created a six week course that all schools are planning on delivering with different groups of children. Dr Natalie will be training facilitators from our schools to deliver the sessions. The sessions will focus around anxiety and learning about how to manage feelings and worries. We will assume all parents are happy for your child to take part, should we feel they would benefit from participating in the project. If you are not interested in your child taking part, let us know by returning the slip below. School will give consideration to all responses but unfortunately not everyone will be able to take part in the first round, however the aim is to rerun the club throughout the year so that we can help as many children as possible.

If your child is selected to attend the club then further information about the sessions and how you can help at home will be given, Dr Natalie will also create online home tutorials ([www.jenbys.co.uk](http://www.jenbys.co.uk)) for all parents to access, regardless of your child being involved in the project or not.

We are all really excited about the project launch and believe strongly in the importance of helping young children develop positive mental health strategies.