



'Spurring each other on with love'

School Drive, Woolwell, Plymouth PL6 7JW

☎: 01752 301837 Email: admin@bickleighdown.devon.sch.uk

Headteacher: Mrs Tameka Hue Hamilton

26 April 2024

Dear Parents and Carers,

We are delighted to inform you that, during the next term, we will be training all of the Year Five pupils to become mental health ambassadors. The training will be delivered by professionals, with backgrounds in Mental Health Nursing, from the Normal Magic team.

The training is delivered over two days with a gap in between. The first day introduces school staff and children to mentally healthy living; help seeking behaviours; self-regulation and self-soothing, alongside how they might compliment the schools' active mental health strategy. Tasks are designed together to contribute to mentally healthy living, loving and learning in the school environment.

The second day starts off by reviewing the progress of tasks from day one and showcase the ripple effect of the programme. The core of day two takes school staff, the children and young people into a train the trainer model. This aims to ensure the Mental Health Ambassador Programme has the opportunity to become a self-sustained programme within the school, with roll out plans to train the next welcomed group of Mental Health Ambassadors.

The training promises to be fun, engaging and interactive and will support the work of our school mental health team. There is no expectation that children will have to take on any additional responsibilities once they have completed this training. The intention is that it will strengthen their understanding of mental health and build resilience across our school family.

The dates will be as follows and children will be informed which group they will be in by their class teachers.

Group One: 1st May and 12th June.

Group Two: 10th May and 21st June.

If you have any questions, please do not hesitate to contact me.

Yours sincerely,
Mrs K Conday, **Deputy Headteacher**

