



'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

22 September 2026

Dear Parents and Carers,

As part of the Mental Health Support Team in schools programme there is an opportunity for children to explore and learn helpful ways to develop their resilience, self-esteem and self-confidence in an engaging and practical way. We are pleased to let you know that your child has been invited to take part in a **Self-Esteem, Resilience and Confidence Workshop** on **Wednesday 11th November, from 1:30pm to 3:00pm.**

The workshop will give children an opportunity to explore what makes them unique, develop their self-esteem and confidence, and learn strategies for managing challenges and setbacks.

The session will be practical and engaging, giving children the opportunity to talk, reflect and take part in activities designed to help them recognise their strengths and develop resilience.

We hope your child will enjoy the session and find it a positive and encouraging experience.

Date: Wednesday 11th November

Time: 1:30pm–3:00pm

If you have any questions about the workshop, please do not hesitate to get in touch.

Kind regards,

JBright

Jenny Bright
SENCO

