



An Ashmole Academy Trust School

Head Teacher: **Mr Chris Tofallis**

5th February 2021

Dear Parents and Carers,

Mini First Aid Kids - Mental Wellbeing
Tuesday 9th February 2021

On Tuesday 9th February, 'Mini First Aid (MFA) Kids' will be providing their award winning First Aid for Mental Wellbeing session virtually for Year 4 children.

MFA Kids teach that looking after our mental wellbeing is normal and an important part of daily life. We know that poor self-esteem can be a precursor of mental health problems later on in life, so they will introduce the importance of positive self-esteem, which is a vital foundation for good mental wellbeing. In the session, children will be able to explore the nature of self-esteem and learn to talk about themselves in positive ways and see how this can influence how they feel about themselves. They will learn that having positive self-esteem will help to keep their minds healthy and happy.

The session also relates to the following *National Curriculum learning outcomes*:

- that mental wellbeing is a normal part of daily life, in the same way as physical health.
- that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.
- how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.

The sessions will be delivered over Zoom on **Tuesday 9th February**:

Apollo Class 9.30-10.30am (*Second session to begin as normal at 10.45am. Afternoon sessions as usual*)

Cosmo Class 10.45-11.45am (*First session to begin as normal at 9.20am. Afternoon sessions as usual*)

MFA Kids will be sending us Zoom links for the sessions, these will be emailed to you as soon as possible.

At the moment, the sessions will be for Year 4 only with the intention to arrange them for the remaining year groups at a later date.

Best wishes and kind regards,

Mrs Z Pavlakos
Deputy Head Teacher