

Dear Parents/Carers,

Your child's year group has been offered an emotional regulation group called 'Brain Buddies'. The group draws upon evidence-based practices that support the development of emotion regulation in young people. As part of a whole school approach to supporting mental health, this will be delivered in classes by the school's Mental Health Support Team (MHST) and alongside the class teacher.

These class sessions are estimated to run 1 hour, on a weekly basis and over 8 weeks.

Information about the group

The 'Brain Buddies' group gives all children the opportunity to work on a number of things, including:

- ❖ Their understanding of emotions
- ❖ Identification and regulation of emotions they are feeling
- ❖ Self-care, self-calming, body-based strategies
- ❖ The sessions will also cover challenging unhelpful thoughts, problem-solving and thinking about sources of help and support.

The group material includes a combination of teaching, worksheets and small group tasks. The facilitators are Educational Mental Health practitioners (EMHPs). As part of our role, we are trained to deliver early help interventions that support mental health development in groups (as well as 1:1). We are also experienced in working with children and children with additional needs. The class teacher will be present to ensure all pupils can access the content and so they can utilise these strategies with the class after sessions.

The class group will take place at **Walsh Junior School** during school hours, on Thursdays. This will begin on the **5th March**.

Your child's class practitioners are: Jordan, Jess, Charlotte and Sam.

If you do not want your child to attend this group, then please sign and return the opt-out slip at the end of this letter, before Friday 27th February, to your child's class teacher.

Data collected

As part of Brain Buddies, we are collecting data at the beginning and end of the group measuring progress tracker towards group goals. This allows us to track how effective the group is at equipping students with strategies for regulating their emotions. We also ask students for their feedback on how much they understood the information presented and how useful they found it at the end of the sessions.

This data will be anonymised and stored securely, and no personal identifying information will be gathered.

If you would like your child to attend the group but you do not want your child's anonymous data to be included in the evaluation, then please sign and return the opt-out slip to your child's class teacher before Friday 27th February.

Should you have any questions about the 'Brain Buddies' group or any questions about your child's participation please do get in touch.

There is a Parent Information Session at 2.30pm on 26th February in the school hall, which we would love you all to attend.

Best wishes,

Surrey Heath Mental Health Support Team

Opt out slip – Only return if you do not want your child to participate

I do not wish for my child _____ in class _____ to take part in the Brain Buddies Emotional Regulation Group.

I would like my child to attend the group, but I do not wish for my child _____ in class _____ to have their data included in the evaluation of the Brain Buddies Emotional Regulation Group.

Signed _____

Want to know more about your Mental health Support Team (MHST) and what we can provide?

We are an early intervention service that offer children and young people low intensity, evidence-based sessions for when they may be struggling with mild-moderate mental health difficulties. Often, we work with you as a parent to best support your child with these difficulties. We also provide a whole school approach to mental health to support all students with their mental health development, hence the brain buddies group. Please get in touch with your child's pastoral support if you are interested in finding out more or would like to refer your child. We would be more than happy to help, even if you would like some advice.