



Dear Parent / Carer,

St. John's Highbury Vale CE Primary School is introducing Meaningful Minds, a service to give extra support for the emotional well-being of the children.



has the advantage of motivating students to embrace positive attitudes, be open to learn and improve their academic and emotional development. It can enable the children to reflect, concentrate, find resolutions to their problems, friendships and building up their communication skills.

This is also an opportunity to address sleep problems and nightmares. An important element of the service is learning how to prevent bullying. We also offer emotional support in dealing with any anxieties that may arise due to the current pandemic.

The 15-minute sessions take place in the lunch hour facilitated by a practitioner with over a decade of experience delivering the programme. Children self-refer and can attend on their own or in groups of up to four.

Comments from children who have used the service:

"Helping me when I am sad."

"I don't get bullied anymore."

"Conquer my fears."

"Helped me achieve things I have never imagined in school before."

If you **do not** want your child to take part in this service please return the slip by Friday 24TH September 2021.

Many thanks,

Gladys Barcelo
Meaningful Minds

Name of the child _____ Surname _____ Year _____

Name of the Parent / Guardian _____ Date: _____

I do not want my child to use

